

DR. PERCIVAL ON HOW AND WHAT TO EAT

(From Sunday's Daily.) (Inquiries on health subjects may be directed to Dr. Percival, of this paper, and will be answered in these columns. He will not give medical advice.)

Grape Juice as a Beverage.

It is a deplorable fact that the average individual always believes that the more expensive an article the more valuable it becomes. In the matter of food and drink the opposite condition really prevails in many cases. Take the various drinks, for instance: pure water is unquestionably the best drink under nearly all circumstances. Next to the water, however, in value for drinking purposes, are the various unfermented fruit juices. These could be supplied very cheaply, but usually they are extremely difficult to secure. Take cider, for instance, about the easiest and cheapest fruit juice to manufacture, and one will ordinarily have to go to considerable trouble in order to secure this healthful drink, and if you dare to ask for it where expensive drinks are served, the tone and manner of those in charge will quickly indicate that they consider it a "cheap" drink, and do not keep it. It is a cheap drink, but that does not prevent it being the best. Unfermented apple juice is one of the most beneficial drinks. In many cases it has been known to remedy very serious troubles. It is almost a certain means of arousing a torpid liver to activity, and if one's stomach does not furnish a sufficient supply of acids to properly digest food, it is of special advantage. It is well, however, to remember that, what is sold for cider on the market at the present time is usually a mixture of water and acids. These drinks are of course deleterious in their influence. Be sure that you secure good cider. It is a drink that can be specially recommended. Grape juice is also especially valuable and is really as much of a food as a drink when pure and properly bottled to prevent fermentation. The nourishing qualities it contains are almost equal to milk. It is especially valuable to weak stomachs and for invalids, but anyone can be benefited by using grape juice when a fruit juice of some kind is needed. It would be well to note, however, that one cannot drink grape juice as freely as water even though our friend Wm. J. Bryan did much to bring it before the public.

Food Value of Vegetables.

Tomatoes contain iron and assist to rouse torpid liver. Lettuce has a soothing, quieting effect upon the nerves and is a remedy for insomnia. Celery is an acknowledged nerve tonic. Onions are also a tonic for the nerves. Potatoes should be eschewed by those who "have a horror of getting fat." Spinach has medicinal properties equal to the most indigo of all blue pills ever made. Parsnips, it is contended by scientists, possess almost the virtues claimed for sarsaparilla. Asparagus is efficacious in kidney ailments. Cucumbers contain an acid that is helpful in some cases of dyspepsia, but be wary of them if not fresh. Cabbage in Holland is regarded as something of a blood purifier. Parsley will assist good digestion, like cheese and nuts. Pumpkins are an ingredient in a certain patent medicine that is guaranteed to cure quite a variety of the ailments that flesh is heir to, but the world is increasing in inhabitants who do not believe all they hear. Rhubarb, celery, lemons, sour oranges and all other tart fruits are especially beneficial to those suffering from rheumatic troubles. Onions, celery and turnips relieve nervous disorders, onions being accounted the best nerve tonic. Digestion is promoted by the use of onions, tomatoes, olives, garlic and peanuts. Elderberries are considered beneficial to those suffering from dropsy. Spinach and onions relieve gravel. Carrots are good for asthmatic patients. Turnips, onions and salt relieve scurvy. And there is scarcely anything better than lemons to break up a cold, to relieve feverish thirst, biliousness, low fevers, liver troubles and rheumatism.

H. R. P. Will you kindly tell me the cause of grease constantly working its way out of the nose and forehead and treatment?

Answer: Cause is super-active condition of Sebaceous glands. Would ask if you are a blond or brunette as nature has provided brunettes with glands that secrete more sweat and sebaceous material than the blondes. A further example by the brunette having thicker and more abundant hair. Treatment would be to endeavor to carry off the sulfurous waste material through the channels. The most logical way would be by diet, internal bathing and more perfect elimination of the entire body. Avoid pastry, rich and greasy foods. The treatment will be slow but sure. Some form of exercise that will stimulate the liver is necessary and valuable.

Mrs. D. Please give me advice on

how to feed my year and six months old baby. Should he have anything besides milk?

Answer: Half of the second year babies need four regular meals daily with strained cereal jellies, one-third jelly and two-thirds milk, with first and last meals; three ounces of beef juice, or six ounces of soup for noon meal; either zwieback, butter toast, Graham crackers, or hard biscuit with all meals and dessert of prune pulp or apple sauce. Last half of second year, babies can digest fresh vegetables and rare, scraped beef-steak or chops, in addition. Second and third year they need cereals and cream, butter, thickened soups, sugar, more vegetables, larger amounts and a quart of milk. No chops, steak or roast beef much before 18 months. No vegetables much before two years; peas, string beans, spinach, carrots, asparagus tips cooked soft and colorander; baked potato. Soup stocks should be of chicken, beef or mutton. Cereals mean cornmeal, rice, barley, hominy, farina, etc.; oatmeal is too heating in summer. Prolonged cooking breaks up cellulose of cereals into digestible bits. All fruit juices should be strained; all cooked fruit pulped. Up to six years children cannot incorporate too much cereal for their good. Give freely of chocolate, molasses varieties and home-made "fudge. Between noon meal and supper day-old bread layered with butter and sugar. Regular food and fresh air are nature's appetizers. Don't allow children to go to bed with cold feet; see that the feet and legs are warm and dry. This will make them comfortable and insure rest and also prevent suffering and serious illness.

GROOM FORGOT TO SECURE A LICENSE

TUCSON, Sept. 4.—Rafael Castro had the girl picked out, the wedding guests invited and present, the wedding feast spread and a minister present to perform the ceremony at the home of his parents, 120 West Sixth street, Monday evening, and he thought that everything was propitious for the pealing of the merry wedding bells, only he overlooked one little essential, the possession of a marriage license, and the happy event had to be postponed until yesterday evening when the necessary paper had been obtained. Young Castro phoned to Sheriff Forbes in the evening to get Judge Comstock to perform the ceremony. The latter was busy on a bootlegging case and couldn't come right away, but as soon as he could get away he entered the carriage that Castro had provided and made the trip to the house. Castro was ready, smiling and happy, and introduced Miss Sara Hinceta to the judge as the prospective bride. The guests were all assembled and he smelled of the wedding supper was already permeating the room, causing pleasing anticipations among the guests. "Where is the license?" Judge Comstock asked Castro, as the couple were ranged before him. "Oh, I didn't get one," the near groom replied, "but we can get married now and I will get the license tomorrow."

"No, you don't," Judge Comstock told him, "you get the license and I will marry you tomorrow evening."

The would-be benedict was extremely sorry, but it was explained to him that the possession of a license to marry was the most important ingredient of a wedding ceremony, and so the event was regrettably postponed until the following evening. Yesterday, bright and early, Rafael visited the office of S. A. Elrod, clerk of the Superior court, and invested \$2.75 in a crisp, new marriage license, and is now in the ranks of the married men.

"PROCESS WORK IS PERMANENT," SAYS WOOD

(From Sunday's Daily.) "The fruit and vegetables that I am processing are to be seen not only at the Northern Arizona Fair, but will remain as a permanent exhibit for the Chamber of Commerce and they will last for over 15 years," said Professor F. B. Wood yesterday, while dilating on the fact that the farmers were holding back products because they thought the exhibits would be for only three or four days at the fair in October. Wood continued: "The exhibits are all to be marked with the name of the contributor after they have been processed and will be a credit to anyone who sends them in as specimens of Yavapai county's agricultural and horticultural products."

Already Wood has many peaches and other kinds of fruit, but says that he has not enough of them and is daily waiting for more from the farmers. John Bianconi returned from a trip to Kirkland and Skull valley yesterday, where he had been collecting specimens, bringing with him pears, tomatoes, ocher, cabbage, cucumbers, muskmelons, corn and flowers. They were obtained from Chester Shupp, W. L. Roberts, of Skull valley, and John Chardz, of Kirkland.

"DRYS" FRAMING UP FIVE NEW STATUTES

(From Sunday's Daily.) In the official organ of the prohibition party, The Vindicator, appears the following dispatch from Bisbee, Arizona: "It now seems probable that, in view of the failure of the Arizona legislature to pass the statutes necessary for the enforcement of the prohibitory clause of the constitution, the people will initiate and attempt to pass by popular vote, five laws, covering necessary points in the enforcement of the law, as follows: "First—Over five gallons of liquors and a government license in the possession of anyone shall be considered prima facie evidence of a violation of the law. "Second—After conviction the sheriff shall have power to destroy all liquors belonging to the convicted. "Third—Persons owning property where the liquors are found are a party to the crime. "Fourth—All cases to be tried in the Superior court. "Fifth—The attorney-general shall prosecute in counties where local authorities neglect or refuse to do so, and can change to any other court or county."

MINER CONTESTS SHOW MANY ENTRIES

(From Friday's Daily.) Secretary Robinson, of the Arizona Chapter of the American Mining Congress, was advised yesterday by the Southwestern Mine Safety Association that to date there has been entered for the contests to begin on September 6 at Bisbee, five helmet or rescue teams and seven first aid teams. The 12 competitors come from all Arizona mining camps, and the rivalry is keen to secure the winning pennant in each event. That this occasion, in which practical rescue demonstrations are to be given, is attracting popularity is shown by the announcement that every camp in the Warren district will suspend work during the contests, and the mines for the first time known would be thrown open to the public to inspect. Banquets and entertainments are on the program, and a day of fetes will be given to all in the above region. The winning rescue and first aid teams go to San Francisco to participate in the international contests that begin on September 23.

Table with 3 columns: No., Name, Amount. Lists various individuals and organizations with their respective amounts, including John S. Speer, W. A. Kearns, Joe Cook, B. R. Marks, F. H. Baldwin, etc.

SCHOOL DISTRICT NUMBER TWENTY-NINE, OF THE COUNTY OF YAVAPAI IN THE STATE OF ARIZONA, for value received, acknowledges itself indebted, and hereby promises to pay to the bearer ONE THOUSAND DOLLARS, in gold coin, lawful money of the United States of America, of the present standard of weight and fineness, on the first day of September, A. D. 1935, at the office of the County Treasurer of said County of Yavapai, in the City of Prescott in said County, out of the building fund of said District, with interest thereon at the rate of SIX per centum per annum, payable semi-annually on the first day of March and the first day of September, in each year, out of the said building fund, in like gold coin, at the office of the County Treasurer aforesaid, upon the presentation and surrender of this bond, or of the annexed coupons as they severally become due. But the right to pay and redeem this bond, at any time after ten years from the date thereof, is hereby reserved by, and to, said School District. This bond is issued for said School District by the Board of Supervisors of said County of Yavapai, for the purpose of raising money for purchasing or leasing a school lot and building a school house thereon, and for said district and supplying the same with furniture and apparatus, improving the grounds and to liquidate any indebtedness incurred for such purpose, under, by virtue of, and in full and strict compliance with all the provisions of Chapter IX, entitled "Board of Trustees" of Title eleven (11) of the Revised Statutes, Civil Code, of the State of Arizona, 1913 said title being entitled "Education"; also in pursuance of an order of the Board of Supervisors of said County, duly passed, adopted and entered of record upon the minutes of said Board, prior to the issuance of this bond, said order having been duly authorized, by the proceedings of the said School District, duly had and taken, under said law, and duly certified by the Board of Trustees thereof to said Board of Supervisors prior to the making of said order, and also by authority of a vote of a majority of the electors of said School District qualified and entitled to vote on the question submitted, present and voting on the said question, at a special election lawfully called and duly held, in said School District, on the 19th day of June, A. D. 1915, at which election a majority of all the legal ballots cast on the question was in favor of the issuance of this bond.

And it is hereby certified and recited, that all acts and things required to be done, and conditions and things required to exist, precedent to, and in the issuance of this bond, to render the same lawful and valid, have been properly done, and did exist in regular, and in due time, form and manner, as required by law; that the money shall be raised by taxation upon the taxable property in said School District for the redemption of this bond, and the payment of interest thereon, and that the aggregate amount of indebtedness of said School District, including that of this bond, does not exceed the limit of indebtedness, prescribed by the Constitution or the laws of the State of Arizona.

IN TESTIMONY WHEREOF, The Board of Supervisors of the County of Yavapai, has caused this bond to be signed by its Chairman, attested by its Clerk, countersigned by the Treasurer of said County, sealed with the seal of said County, and issued this first day of September, A. D. 1915.

Chairman of the Board of Supervisors of Yavapai County, Arizona. Attest: Clerk of the Board of Supervisors of Yavapai County, Arizona. Treasurer of Yavapai County, Arizona. FORM OF COUPON \$30.00 On the first day of March, A. D. 1916, School District No. 29 of Yavapai County, Arizona, will pay to the bearer out of the building fund of said School District Thirty Dollars in gold coin, lawful money of the United States of America, at the office of the Treasurer of said county, in the City of Prescott, in said county and state, being six months interest on its building bond No. \_\_\_\_\_

Chairman of the Board of Supervisors of Yavapai County, Arizona. Attest: Clerk of the Board of Supervisors of Yavapai County, Arizona. Treasurer of Yavapai County, Arizona. (The signatures to the said coupons to be lithographed thereto.) 3rd. That said bonds and coupons when so executed shall be delivered to the purchaser upon payment therefor in accordance with the contract of purchase theretofore made in that behalf, and the proceeds of the sale thereof, shall be deposited in the County Treasury, to the credit of the building fund of said School District, and shall be drawn upon and used for the purpose for which the said bonds were issued, but the purchaser of said bonds shall not be, in any manner responsible for the application or disposal of the proceeds of said bonds or any part thereof.

4th. That at the time of making the levy of taxes for county purposes, the Board of Supervisors shall annually for ten (10) years from the date of said bonds, levy a tax upon the taxable property in said School District sufficient to pay the interest on said bonds as it accrues, and after said ten (10) years, the said Board shall annually, for ten (10) further years, at like time, levy a tax upon the taxable property in said School District sufficient to pay the annual interest on said bonds, and to raise annually a proportion of the principal of said bonds equal to sum produced by taking the whole amount of bonds outstanding and dividing it by the number of years said bonds have then to run, and all moneys so levied shall be collected and paid into the County Treasury to credit of the building fund of said District and be used in payment of the principal and interests on said bonds and for no other purpose.

The following order of said Board was read, duly passed and adopted and ordered entered of record in the minutes of the proceedings of said Board, to-wit: In the matter of the sale and disposition of the School Building Bonds of School District No. 29 of Yavapai County, Arizona, consisting of forty-five bonds of \$1,000.00 each, which were heretofore and on the 3rd day of August, A. D. 1915, duly ordered issued by this Board pursuant to the School Building Bond Election, held in said District, June 19th, 1915—Order of said Board of Supervisors prescribing the manner in which the said bonds of said School District shall be sold.

WHEREAS, School District No. 29 of Yavapai County, Arizona, has, in due time, form and manner, authorized the issuance of the School Building bonds of said District in the sum of Forty-five Thousand Dollars, consisting of forty-five bonds of the denomination of One Thousand Dollars each, numbered consecutively from one (1) to forty-five (45), both numbers included, principal payable in gold coin, lawful money of the United States of America of the present standard of weight and fineness on the first day of September, A. D. 1935, at the office of the County Treasurer of said County, in the City of Prescott, in said County, out of the Building Fund of said District, with interest thereon at the rate of six per centum per annum, payable semi-annually, on the first day of March, and the first day of September, in each year, out of the said Building Fund, in like gold coin, at the office of the County Treasurer aforesaid, upon the presentation and surrender of the said bonds, or of the coupons annexed thereto, as they severally become due. The right to pay and redeem said bonds at any time after ten years from the date thereof, being reserved by and to the said School District, said bonds having forty coupons attached thereto securing payment of the interest as it accrues thereon, and;

WHEREAS, this Board has by proper action duly had and entered of record in the minutes of the proceedings of this Board, authorized the issuance of said bonds according to law, and;

WHEREAS, a sale of said bonds is necessary to raise moneys for the purpose for which said bonds are issued. NOW, THEREFORE, in consideration of the premises, it is ordered, that the Board of Trustees of School District No. 29 of Yavapai County, Arizona, be, and the said Board, is hereby authorized, and directed to proceed to sell said bonds at public sale in manner and form following, to-wit: Said Board of Trustees shall give public notice of such sale by notice, printed and published, in a newspaper of general circulation, printed and published in Yavapai County, Arizona, for and during a period of thirty days, such notice to contain a full description of said bonds sufficient to inform the public of the sum, kind and character of the same, and call for sealed bids for said bonds, at a sale thereof to be held, and had, at the office of the Board of Supervisors at the County Court House in the said City of Prescott, at the time, day and date aforesaid, and given in said Notice of Sale. The right to reject any and all bids for said bonds shall be reserved in and by said Notice of Sale. Each bidder for said bonds, or any of them, shall accompany his or her bid with a certified check drawn on a solvent account and bank or moneyed institution, payable to the said Board of Trustees of said School District No. 29 of said County, or order for a sum of money equal to two per centum of the sum of money bid for said bonds, or any of them, which said sum of money of two per centum of the sum bid for said bonds, or any of them shall be forfeited to said Board of Trustees of said School District, for the use of said district, as liquidated damages, should the bidder, fail, neglect, omit, or refuse to fulfill his or her bid, and the stipulations and obligations thereof. Said bonds shall be sold for cash for the highest and best price obtainable to the highest and most responsible bidder, but for not less than par and all interest accrued thereon to the day of delivery to the purchaser, and the proceeds of said sale of said bonds, and interest accrued received, shall be deposited in the County Treasury of said County of Yavapai to the credit of the Building Fund of said School District No. 29, to be drawn out and used by said District for the purposes, for which said bonds are issued and sold, as other school moneys are drawn out and used, and as provided by law. On the day, and at the time and place specified in such Notice of Sale of said bonds, the said Board of Trustees of said School District No. 29 shall meet, consider, and act upon any and all bids made and received for said bonds, and deal with the subject of the sale of said bonds, as the best interests of said School District may require and as required by law.

Let this order be entered at large in the recorded minutes of the proceedings of this Board, and a duly authenticated copy thereof be delivered to said Board of Trustees for their information, guidance and action. There being no further business, the Board, upon motion, adjourned until Monday, August 9th, 1915. WILLIAM STEPHENS, Chairman. Attest: R. T. BELCHER, Clerk.