

### The U.S. Food Administration Asks

the circulation of recipes providing for the use of corn and other coarse flours to save wheat for our Allies.

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With a new War-Time Recipe book containing scores of splendid new recipes, compiled especially to meet war-time economy demands. Free—send for it today.

Miss Maude Marie Costello, one of America's foremost Authorities on Scientific Cooking and Pure Foods, in a recent interview, said:

"Like everyone, I am especially interested at this time in SAVING WHEAT and saving it in the most economical way; therefore, I use CALUMET BAKING POWDER because it has more leavening strength than most baking powders and is moderate in price. I find it especially successful and it brings no failures or waste. Use it with Cornmeal and other coarse flours."

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### FARMERS' WIVES SIGNAL AIRMEN

Healthy Appetites of Fliers Appeased by Groaning Boards in Texas.

DALLAS, Texas, April 19.—There should be a place in the signal corps for Texas farmers' wives. They have perfected a plan for signalling a hungry aviator which the aviators say is 100 per cent efficient.

"When we see a farmer's wife signal to us with a table cloth, we always alight, because we know we will be offered a good country dinner," said an aviator from Love Field. "We can't always tell, of course, whether it is a table cloth or a sheet she is waving, but we try to be optimistic and believe it is a table cloth. Few of the farmers disappoint us. Flying certainly gives a fellow a fine appetite and hereafter when I see birds hunting for something to eat I am always going to try to accommodate them."

The military aviators have flown over practically all parts of north Texas and have alighted at or near hundreds of little towns on the plains where the broad fields offer ample space for getting away again. Some towns have laid out wide spaces as landing plots and marked them with whitewashed crosses, which are always understood as invitations to "light stranger, and have a bit."

An aviator who landed at Denton recently was slightly injured in an accident which occurred just before his machine stopped. A big argument arose among some women as to who should have the privilege of taking the young man to his home and caring for him.

"You can't have him because you have too many children to care for already," one woman told another. "Well, you live too far away. You can't have him," was the retort.

A quiet, motherly woman said that she had two sons in the army and thought she should have the privilege of caring for the injured aviator.

The flyer said after he had heard the arguments he decided in favor of the applicant with the two sons in the army. He said this kind woman treated him just as his mother would have.

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of the many who love rich, delicious coffee, but never get it? We can fill your long felt want. Good teas and coffees are our long suit, and we will give you better quality at lower prices than you will find elsewhere. This proposition is at least worth a test. The Coffee Ranch, 132 North Michigan st. Adv.

EVERYBODY is War Gardening. Doing their bit, but if they would have their "bit" prove to be a "big bit" and really worth while they should render fruitful the soil in their gardens by using Garden Fertilizer. Sold at a very small cost at The Wesley Miller Flour & Feed Co., 420 S. Michigan st. Phone, Home, 5056; Bell, 853. —Adv.

Alexis Coquillard for county treasurer, republican primaries, May 7. Adv. 3313 8

### A Decline in the Death Rate from Pellagra

By Woods Hutchinson, M. D.

In these days of increased and increasing loss of life and waste of resources on every hand, it is a great consolation to find an exception, a bright spot in the gloom, even if not of the largest magnitude. This rare gleam of relief is furnished by that serious disease of the southern states, pellagra, whose annual death rate has just shown a falling off of early 50 per cent, with a saving of about 5,000 lives.

Pellagra is a singular disease, and there is nothing more, singular about it than its history. Known for many centuries in southern Europe, particularly Italy and Rumania, and supposed to be due to the feeding upon spoiled or mouldy corn, it was regarded on this side of the Atlantic as simply one of the curiosities of medicine, and supposed to be practically unknown and non-existent in this country.

So much so that at a revision of the list of causes of death for the United States census it was actually proposed to strike off the name of pellagra because no deaths were caused by it in America, and there would be no necessity to use it on the death certificates.

But not long after this revision some ten to fifteen years ago, a large group of cases of pellagra was discovered in a state insane asylum in the middle west, at Peoria, Illinois. This gave "the picture" of the disease to American physicians and pathologists, scattered here and there all over the country, particularly in the south, and these were followed into their family and home communities, thus uncovering other cases. The known field of the disease spread and spread until finally, to everybody's unbounded astonishment, pellagra was discovered to exist in tens of thousands of cases in this country, particularly in the "old south," Virginia, the Carolinas, Georgia, etc.

Boards of health and special investigating committees took up the problem all through the south, until it is now estimated that there are at least 150,000 pellagrins in the United States.

Pellagra begins with the appearance of painful patches of thick reddened, rough skin, on the face and hands and feet. From their position these are usually put down as bad cases of sunburn until they become chronic and painful, and indeed, sunlight may have something to do with their development, especially as they are most apt to appear in the early spring. But they continue to ulcerate and spread for weeks and even months indoors and under protection of dark bandages, so that the influence of light is probably not very great.

It is these thickened and inflamed patches of skin that gave the name to the disease, for "pellagra" means simply "rough skin" in Italian. The next symptom of the disease is a chronic irritation of the stomach and intestines; this usually comes on a month or so after the skin eruption in the spring and lasts all through the summer, but tends, as the skin patches also do, to diminish and disappear in the fall and winter.

After the skin and stomach symptoms have repeated themselves for three or four seasons, then the last scene of the drama comes on, an intense toxic inflammation and rapid breaking down of the brain and nervous system, usually resulting in insanity, delirium and death. The insanity may run a rapid course to the end, but frequently lasts several years, and in an earlier day the majority of pellagrins usually were first recognized when they came into an insane asylum, with the third and last stage of the disease.

It is an extremely obstinate, unmanageable disease, and at first believed to be absolutely incurable, but now that we see more cases in the earlier stages we find that a good many recover. The cause of the disease is probably a lack of certain life principles or vitamins in the diet, due to coarse, restricted and monotonous foods. Cases have been cured by our addition to the diet of liberal amounts of food that are rich in vitamins, such as beans, milk and fish. While, on the other hand, conditions very closely resembling the disease have been produced in the prisoners in certain southern convict camps who were on the ordinary, coarse, monotonous prison fare, while another large group of the prisoners, supplied with beans, milk, etc., did not develop a single case.

The marked decrease in the death rate of the disease is probably due to a more varied and better balanced diet, to more abundant work and higher wages, and to the great improvement of general sanitary and living conditions through that section of the country. Its interesting feature just at this present juncture is that the disease has most unjustly and without any adequate foundation been associated with the use of corn as a food. And that it should have shown this most gratifying decline in deadliness without any appreciable lessening of the amount of corn products consumed indeed at a time when every one is being urged to eat more corn and save wheat, is certainly gratifying and reassuring.

The only positive objection that could be fairly urged against a large use of corn in the diet was this shadowy spectre of pellagra which hung over the grain. Nor was this merely a shadow, on the contrary the officials and high authorities in several of the European countries during the last three years, when it was proposed to introduce corn in large amounts to relieve wheat shortages, raised strong and strenuous objections to the proposal, declaring that maize brought with it the danger of pellagra and other

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terrible nutritional diseases. To have the disease diminish one-half in the very home and native country of corn pone and cornbread is certainly a feather in the cap of King Corn, and a brilliant refutation of European slanders upon his wholesomeness.

### MEMBER OF EDUCATION BOARD UNDER ARREST

CLEVELAND, O., April 19.—A. L. Hitchcock, socialist member of the board of education, was arrested this afternoon on a warrant issued by United States Commissioner Marlatt, charging him with violating provisions of the espionage act, specifically with making remarks against the Liberty loan. Hitchcock waived preliminary examination and was bound over to the grand jury.

In a speech at Sandusky, O., April 6, Hitchcock is alleged to have made this reference to the Liberty loan: "I do not believe in the Liberty loan. Every dollar goes into the pockets of profiteers. I won't contribute any of my money to war profiteers. By purchasing bonds you are aiding the political ambitions of the head of the government. All who buy bonds are being hoaxed."

#### WISH YOU HAD.

Before the summer is gone you will wish more than once you had a gas range in your home. They are such a comfort in the hot months. Always ready for business. No unnecessary heat, no dirt, ashes and fuel to worry about, and they are economical. Saving in repairs, saving in cleaning fees. Northern Indiana Gas and Electric Co. —Adv.

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### Be Careful in Using Soap on Your Hair

Most soaps and prepared shampoos contain too much alkali, which is very injurious, as it dries the scalp and makes the hair brittle. The best thing to use is just plain mildified coconut oil, for it is pure and entirely greaseless. It's very cheap, and beats the most expensive soaps or anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months.

Simply moisten the hair with water and rub it in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy, and easy to handle. Besides, it loosens and takes out every particle of dust, dirt and dandruff. —Adv.



### HEAD THE WARNING

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