

FLETCHERIZING FOOD IS NOT BENEFICIAL

Department of Agriculture Experts Use Machines to Prove Claim.

NEW "POISON" SQUAD WILL BE ENLISTED

Claim Now Is Made That Too Much Chewing Interferes With Digestion.

Have you been Fletcherizing? No? But of course you believe in it? Would you had the courage to stick at it and chew every bite thirty-two times? Certainly.

Well, it's all a fake. Nothing to it. Doesn't promote digestion. Doesn't increase the nutritive results of your food. Isn't good for you; is liable to be positively bad for you. Yes, that's so; everybody agreed that it's a splendid thing; but that merely proves once more that the things on which everybody is agreed are liable to be awfully mistaken.

The calorimeter has discovered the error of chewing your food too much. The calorimeter looks like a cross between a bar-room's zinc-lined ice chest and an electric chair in which to execute the death penalty. If you can imagine the cheerfulness of being locked in a huge refrigerator, with an electric chair to sit on, and absolutely nothing to do; with electrical instruments all around you that you didn't dare touch; with three, four, or six or seven days of that sort of thing ahead of you, you would have some appreciation of the interesting stunt for which a new poison squad is to be organized at the Department of Agriculture.

What they want is a calorimeter squad. Dr. C. F. Langworthy, expert in nutrition, and boss calorimetrist, is out for volunteers.

For Bright Young Men.

Any bright young man anxious to sit for a week in a metal-lined, air-tight, heat-proof, absolutely insulated vault, and have his breath measured out to him, his exhalations tested and measured, his food passed in by the gramme after careful tests—anybody wanting to try this experience can make himself very solid with Dr. Langworthy.

But about the calorimeter and Fletcherizing.

Fletcher is the amiable old gentleman who discovered that you should chew all your food until it just sort of impulsively slipped down your gullet, and being exactly swallowed. He insisted that the soups and consommés be chewed thoroughly, and that it really would be good business to chew our water fifteen or twenty times; while as for beefsteaks and potatoes and hard crackers with Roquefort cheese—why, they just must be chewed till all the flavor is gone and they slip down without knowing it.

Won't Eat So Much.

Chew thus, declared Fletcher, and you will only want to eat about half as much; you will always have a good digestion; you'll never be obese or anemic; your complexion will be good, your hair will not turn gray, you'll live to be 100 years old or thereabouts—and you'll enjoy all of it. So Fletcher said, and he drummed up a mighty big following.

Cross now Dr. Langworthy and his calorimeter, and demonstrates, by putting Fletcher himself into the machine for a straight week, and measuring up his food and his breath and his heat units, that this mastication business is not only useless, but in many cases positively bad.

It is not only possible to chew your food too much, but it is very easy. If you chew it too much, you head off certain digestive and assimilative processes that are presumed to be performed after the food is swallowed. If you forestall these processes, you deprive yourself of much of the value of the food.

Prof. Fletcher declined to accept the conclusions of the Government scientists, and was not convinced of the error of his system; but the scientists merely smiled and went on with their demonstrations. They have proved a large number of things to be true, which everybody has always assumed were untrue, and they have disproved a large number of things which have been universally accepted as fundamental.

Working New Science.

They are working out a new science of nutrition and dietetics. Secretary Wilson has them at work just now with a series of tests on cheeses as food. He believes, and the experiments thus far indicate, that cheese is one of the best, cheapest and easiest digested foods. Then there are to be a series of experiments to determine the food values of nuts, all kinds of cereal preparations and all the different cuts of meats.

This meat program is intended to be of great value. With pork chops worth 25 cents or thereabouts, and steaks denied to all save the very rich, the problem of how to prepare the cheaper cuts of meats so as to make them most palatable, and also most nutritious, is demanding attention. This is to be worked out just as rapidly as possible. The calorimeter, recently has been set up at the Agricultural Department for these experiments. It was for a long time operated by its inventor, Prof. W. O. Atwater, in Connecticut, but on his death the machine was brought here, and is just now looking for victims.

The young men in the department are going to be offered jobs sitting in it and being studied.

What Machine Does.

The machine exactly can measure the energy a man uses in sitting still and merely breathing; the energy he used in pumping a bicycle; that which is employed in sawing wood, and so on.

One of the most remarkable discoveries made with it is that a man working very closely with his brain appears to generate no white more energy than one sitting still. Several men taking civil service examinations have been put into the machine to do their work; and they are shown to have produced exactly the same energy, to have consumed exactly the same amount of tissue, as when they sat still with folded hands.

This has wrecked a theory that the whole world had accepted for generations about the heavy tax which mental effort imposes on the system.

OWL BITES MAN.

CHESTER, Pa., Oct. 31.—William Burns was walking along Third street last night when he felt something strike his hat. Reaching up he grabbed what proved to be an owl, which put up a fierce fight, and bit him on the head. Burns held on to the bird and took it home.

PULPIT TOPICS FOR TONIGHT IN CHURCHES OF WASHINGTON

Metropolitan M. E. Church—"The Unanswerable Test that Makes the Bible the Impregnable Rock of Centuries." The Rev. John Reid Shannon at 8 p. m.
Dumbarton Avenue M. E. Church—"The Man Who Failed." The Rev. Charles Pate—"The Man Who Failed."
North Carolina Avenue M. E. Church—"The Rev. Richard L. Shipley—"The Definite Work of the Church."
The Strangers' Sabbath Home—"The Rev. Donald C. MacLeod—"The Life of David."
Western Church—"The Rev. William C. Alexander—"The Way Many Try to Deceive Themselves."
Sixth Presbyterian Church—"The Rev. Arthur W. Spooner—"The God-forsaken Man."
First Congregational Church—"The Rev. Samuel H. Woodrow—"Moses, the leader; Birth and Training."
Church of the Ascension—"The Rev. J. Henning Nelms—"Our Beloved Dead."
St. Thomas' Church—"The Rev. Canon Austin—"Naaman."
Temple Baptist—"The Rev. J. J. Muir—"Sabbath Sanctities."
Grace Baptist Church—"The Rev. F. W. Johnson—"Can One Be a Christian and Not a Church Member?"
Metropolitan Baptist—"The Rev. John C. Ball—"The King of a Sin."
First Baptist Church—"The Rev. A. W. Hodder—"The Christian."
Fifth Baptist Church—"The Rev. John E. Briggs—"The Greatest Thing in the World."
Luther Place Memorial Church—"The Rev. Lloyd C. Douglas—"The House of Obedience."

MUSIC.

Trinity M. E. Church—Musical service by choir and orchestra at 8 p. m.
McKendree M. E. Church—Special musical program by the Apollo Orchestra.
Wesley M. E. Church—Quartet choir and brass quartet from Engineer Band.
Epiphany Church—Cantata "Domino" (Holden).
Church of the Covenant—Musical service by church quartet in memory of Dudley Buck, 3:30 p. m.
New York Avenue Presbyterian Church—Special musical program in memory of Dudley Buck.

VALUABLE OLD CHINA SHOWN AT MUSEUM

Collectors of Ceramics Deeply Interested in Recent Acquisition of Lowestoft Work at the National Institution.

Collectors of ceramics have expressed a great interest in the excellent display of Cincinnati china which has been placed on display at the National Museum, together with the certificate of membership in the Order of the Cincinnati of Col. David Townsend, signed by George Washington and Henry Knox, the president and secretary of that patriotic order.

According to people who know

valuable old china, this collection, consisting of thirty-eight pieces of Lowestoft china, exquisitely decorated with the insignia of the Order of the Cincinnati, is the greatest find of its kind that has been made by the Museum for years. The only other specimens of this old and valuable china consist of several plates in the Washington collection.

The Lowestoft china was presumably made in England, but critics of ceramic art have suspected for some time that the manufacturer of the china sent it to China to be finished. They insist that this Townsend collection proves this completely. The collection is the property of Mrs. Marshall Phillips, who has loaned it to the Museum.

The David Townsend mentioned in the certificate accompanying the china was the ancestor of Gen. E. D. Townsend, adjutant general of the United States army at one time. The present representative of the Townsend family in the Order of the Cincinnati is Thomas Gerry.

The china just placed on exhibition was made for the organization of 1790, shortly after the organization of the Cincinnati.

ESTABLISHES RECORD FOR CATCH OF COD

Half Million Pounds Carried by the Schooner Tatler.

GLOUCESTER, Mass., Oct. 31.—Capt. Alden Geel, of the fishing schooner Tatler, has broken the cod record, which he established in 1907, with a catch of 500,000 pounds, the biggest ever made by any vessel along the Atlantic seaboard.

News of the record fare was received here today from Louisburg, C. B., where the Tatler, homeward bound, was reported. The proceeds of the 500,000-pound fare of salt cod will depend upon the market when she docks, but it is estimated the cargo ought to bring from \$20,000 to \$25,000.

TWO INSANE MEN MAKE THEIR ESCAPE

Parties Are Searching for Pair From Taunton Asylum.

TAUNTON, Mass., Oct. 31.—Two young men have escaped from the insane asylum here and are today at large. A large force of men have been searching for them without success, and this and neighboring cities and towns are in a state of uneasiness.

The men are Carroll Parsons, of North Attleboro, twenty-four years old, a former Exeter Academy student, and Clarence H. Greenleaf, of Brockton, about twenty-five years old. Both got away together and are thought to have taken one of the roads leading toward Maine, where both have talked of going for some time during their lucid moments.

This is the third time Parsons has escaped, and Greenleaf has made several unsuccessful attempts.

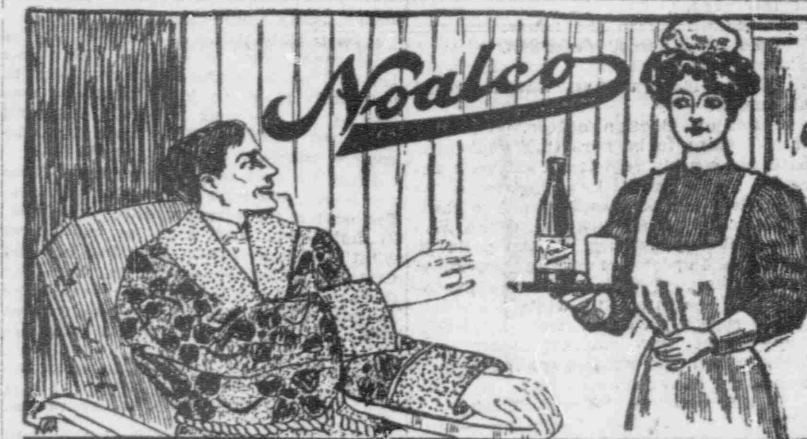
LOSES HUNDRED SKUNKS.

READING, Pa., Oct. 31.—The skunk farm of Frank Strauss, near Hamburg, this county, was visited late last night by some unknown persons, who released a hundred skunks. This is the second time his animals were put at liberty, his loss, this time being about \$150.

No More Fat Folks

Double Chins Quickly Removed

If the advice of Mae Edna Wilder is followed there will be no more fat folks in a short time. She took off 20 pounds of superfluous flesh in less than six weeks, and removed her double chin in two weeks, by a treatment of her own discovery, and she generously offers to tell anyone about it who is sufficiently interested to write her. By her method there is nothing to take internally, no face straps or body bandages to be worn, no exercises or dieting, just a simple, harmless home treatment that you can use in your own room without the knowledge of your most intimate friends, and as if by magic your fat rapidly disappears without inconvenience to you of any kind. She has written a book intensely interesting to fleshy people, and she will give away ten thousand copies absolutely free. The book tells all about her wonderful treatment, and she sends with it sworn affidavits to back up her claims. It costs you nothing to find out about this treatment, and if you have a large bust, large hips, large abdomen, a double chin, or superfluous flesh on any part of the body, and wish to get rid of it quickly, write her at once for a copy of the free book before the present edition is exhausted, and you will be agreeably surprised and pleased with what she sends you. Her address is Mae Edna Wilder, Suite 267, 322A, Rochester, N. Y.



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Nothing can approximate the refreshing deliciousness of this healthful new temperance beverage. It is wholesome and invigorating, splendid as a tonic, unrivaled as a beverage.

Delivered anywhere in case of 2 dozen bottles for \$2.00 the case. 50c rebate on bottles. At all good groceries or drug stores.

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There is really no limit to the usefulness of Electricity. It helps us to better enjoy our pleasures. It's of aid in sickness. It's a great promoter of comfort and health. In fact, it is indispensable to the genuinely modern home.

The cost is very reasonable. Ask

POTOMAC ELECTRIC POWER CO.,
213 Fourteenth Street N. W.

MRS. M'KIM NOW IN DIVORCE CITY

Daughter of "Bromo Seltzer King" Staying at Reno, Nev.

RENO, Nev., Oct. 31.—Two elegant suites of rooms at the fashionable Riverside Hotel, the mecca for Reno's divorcees, are being occupied by a conspicuous party of newcomers.

They are J. E. Emerson and his valet, from Baltimore, the famous manufacturer and president of the Bromo Seltzer Company, known throughout the world as the "Bromo King," and his daughter, Mrs. Margaret Emerson McKim, as she gave her name; also a servant.

The woman is Mrs. Smith Hollins McKim, the estranged wife of Dr. McKim, noted throughout Newport and New York medical circles and society.

Within an hour after their arrival it was known that one of the most prominent society leaders of Newport was in the city. Though she will not make known the object of her presence here, there is every reason to believe that she has come to Nevada for a divorce. Before going to her apartments, she telephoned Mrs. Henry Spies Kip, the wife of the prominent New York stock broker, who is here establishing a legal residence for divorce, and who is an intimate friend of Mrs. McKim. Immediately after their arrival, Mrs. McKim and her father held a conference with one of the leading divorce lawyers of the State which lasted two hours. When seen later, Mrs. McKim and her father asked that they be excused at this time from saying anything for publication.

ELECTRICIAN GONE, FOUL PLAY FEARED

Employee of Theatrical Troupe Said to Have Had Large Sum With Him.

BOSTON, Mass., Oct. 31.—Fearing that he may have been the victim of foul play, the police have been asked to locate John Pennyfather, an electrician with a theatrical company which closed a run here last evening.

Pennyfather mysteriously disappeared, according to his friends, last Monday, and a search has been made for him all the week. According to his friends, Pennyfather had in his possession about \$200.

MALE DEATH RATE STARTLES CHICAGO

CHICAGO, Oct. 31.—Men are dying off so fast in Chicago that the only hope of preserving the species there seems to be from those coming in from the outside. Figures covering five years show a remarkable excess in the male death rate over that of women. In pneumonia the male excess is more than 50 per cent and for alcoholism it reaches 60 per cent.

TO ENLARGE STATEHOUSE.

AUGUSTA, Me., Oct. 31.—The commission on the enlargement of the statehouse awarded the contract to the George A. Fuller Company, of Boston, for \$200,000. Other bids were received from New York and Philadelphia contractors.



Look Good---Don't They?

They have the graceful lines of thoroughbreds. The heavily tufted leather cushioned seats are indicative of luxurious comfort while riding at any speed over any kind of roads. And there's a certain refinement of detail throughout the construction seldom equaled---never surpassed in cars of any price.

The PALMER-SINGER

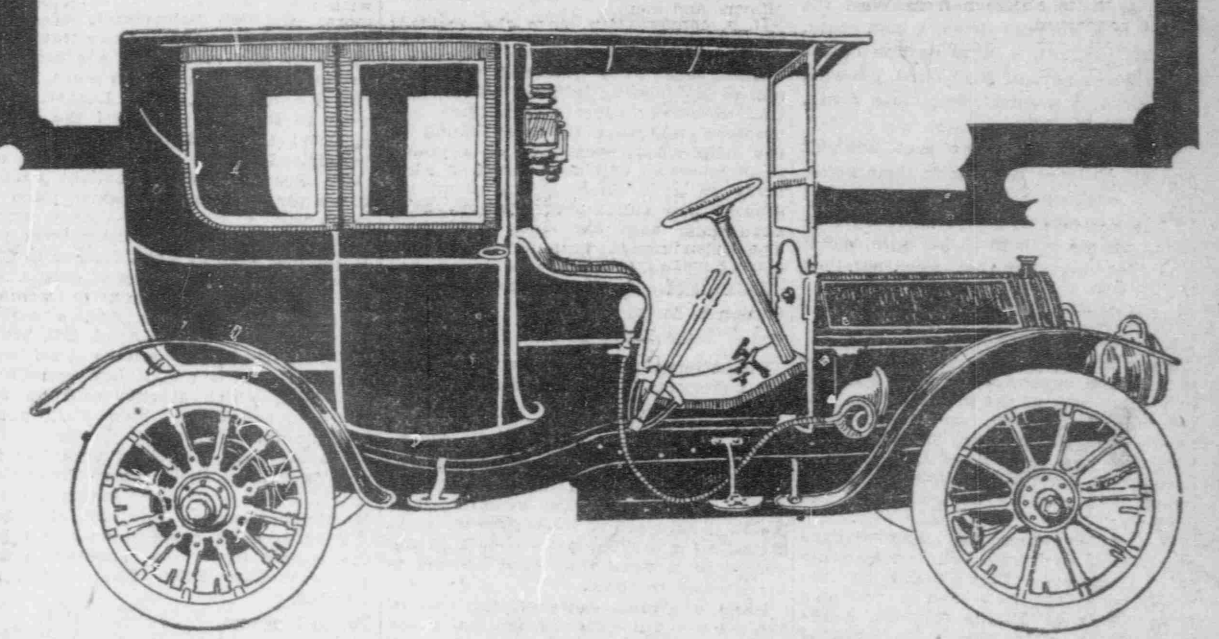
Is Every Bit as Good as It Looks

There's more speed in its motor than you will ever want to turn loose, and more than enough power to scale the steepest grades without any apparent effort.

An exclusive car in everything but the price. The term moderate is too conservative to correctly express it.

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