

The Story of Tomatoes

As told by Dr. G. W. Wagner of Chicago, formerly Captain Medical Corps, U.S.A. Army

DO YOU KNOW that the greatest vegetable in the world is—the tomato?

DO YOU KNOW doctors now agree that:—

- 1.) Tomatoes are the richest of all foods in the vitamins.
- 2.) Tomatoes are the most wonderful and effective blood cleanser of all foods known to man.
- 3.) Tomatoes are the richest of all vegetables in the natural health acids which keep our stomachs and intestines in condition.
- 4.) Tomatoes are the most extraordinary corrective for the kidneys (what the doctors call a diuretic)—a gentle, natural stimulant which helps wash away the poisons which cause disease and contaminate our systems.
- 5.) Tomatoes are now prescribed for Diabetes and Bright's disease.

Doctors Agree at Last

Doctors not only agree upon these facts, but scientific research proves these statements. Just think of doctors agreeing. Never again will you be able to safely say that doctors disagree, for they actually do agree.

They have buried the hatchet; they are smoking the pipe of peace, grudges have been forgotten; they are sitting in a solemn conclave of brotherly love; in a circle of scientific serenity; and in the center of that magic circle is the innocent yet seductive cause of this professional phenomenon—the most ancient food product of the vegetable kingdom—the Tomato. Wonderful, do you say? Yes, indeed—truly wonderful, for good doctors have unanimously discovered that tomatoes are the best health food that grows, and that they are agreed on the subject is the really big thing to recognize.

Tomatoes Have All the Vitamins

Medical authority tells you in so many words that tomatoes not only have all the vitamins, but actually more of them than any other fruit or vegetable, and in the very form which nature likes the best and uses most. And still more wonderful, these same authorities tell you that canned tomatoes are to be preferred to the fresh.

Tomatoes—Infant Food

Do you know that at the Children's Memorial Hospital in Chicago (one of the most famous institutions in our country) the physicians there feed tomatoes and tomato juice to little suffering waifs and starving infants (not milk, mind you, but tomatoes) and the babies are growing in their cribs, bright eyed, rosy cheeked and—getting well?

Doctor Hugo Friedstein of Chicago says: "There is no doubt about it, the curative value of the tomato is extraordinary. Its vitamin content alone is accomplishing the undreamed of in the feeding of infants and invalids. It is invaluable for the kidneys and as a cleanser of the system."

The Tomato-Cure for Diabetes

In London, Doctor P. J. Camidge, who has given much study to the treatment of diabetes, ranks the tomato first of all vegetables and fruits as a food treatment for this disease, while at the Johns Hopkins Hospital, the celebrated vegetable day-diet for diabetes specifies tomatoes, unqualifiedly and positively.

There is a famous medical book entitled "Diet in Health and Disease," written by professors of leading state universities, who recommend the free use of tomatoes for diabetes.

U. S. Army Authorities

It is doubtful if more eminent, distinguished or expert testimony could be adduced in any cause, than the good cause of tomatoes. Wm. Edward Fitch of the Medical Reserve Corps of the U. S. Army names tomatoes at the very top of the list in his dietary (food list) for diabetes. And the same is true of leading reports of Great Britain, France, Belgium, Denmark, Italy and Russia. Is it not worth while then that this story of tomatoes be told with all earnestness to the people of this and every other country? Is it not a just and proper cause to

preach the proven facts in regard to this most wonderful and yet so little understood and perhaps so lightly appreciated nature food for health—a food for keeping our bodies in condition to resist the poisons and germs of ill health? Remember, also, how ready to our needs it is—at every grocery, at every general store in the land, in hermetically sealed cans, pure and wholesome, clean and fresh and with all the natural flavor retained.

Tomatoes—For Constipation

Is our story done? It is hardly begun. What would you say if you were told that tomatoes are now the favorite prescription of many of the most eminent physicians in the world for constipation. Think of the blessing in being able to discard drugs, pills and powders and find a natural and certain cure for constipation in—tomatoes. And here is the scientific reason as explained by Doctor Arnold Lorand of Carlsbad, Austria: "The effect referred to is in part attributable to the seeds which abound in the heart of the vegetable and which exercise a sort of natural massage action on the intestinal mucous membrane."

Tomatoes—If You're too Fat

Are you too fat? Are you a sufferer from what the medical man calls obesity? If so, then stock your larder with good canned tomatoes and indulge to your heart's content, for many doctors now proclaim that the tomato is the swiftest, surest and most certain remedy for obesity that we have. This might be a surprise to you, but it is scientifically and genuinely true, and "fat folk" still clinging to the hope of coming back to the "pale and interesting" without drugs and without starving, may do so on the pleasant prescription of—tomatoes. Equally wonderful is the scientific statement that you may eat as much of tomatoes as your little heart desires, and instead of producing flatulency, gas or nausea, tomatoes actually cure these conditions which so often follow over-indulgence in other foods.

Perhaps you will want to know the authority for all this. Well, here it is. If you'll consult the diet list for reducing, used in the great Presbyterian Hospital in New York, and reported by Mason on page 449 of his book "Nutrition," you will see tomatoes ahead of all other foods for the purpose of reducing and growing thinner. The celebrated Dr. von Noorden of Vienna is on record to the same effect.

And there is another rather interesting reason for this effect of the tomato, one worth while, too. Tomatoes possess a peculiar quality for quenching thirst almost like magic (being frequently given in fevers and even in cases of delirium) and in this way reducing the natural craving for too much water, which is a common cause of "over weight."

Food Value in Tomatoes

Some of us may think of the tomato as a side dish, but Elliot P. Joslyn, M.D., of the Harvard Medical School, gives the protein or tissue-building value of canned tomatoes as actually far greater than apples, peaches, pears, asparagus, squash, okra, pumpkin

and many other fruits and vegetables. Uncle Sam says tomatoes have more protein than even the richest soups, such as beef soup or chicken broth and nearly half the protein value of canned corn.

Tomatoes Most Easily Digestible Of All Foods

Tomatoes are the most easily and quickly digestible of all fruits and vegetables known to man. Tomatoes pass through the stomach almost at once and their rich natural elements are taken up into the system with a rapidity that is in striking contrast to the digestibility of other foods. Who says all this? Where is the proof? Well you'll find it in no less prominent a publication than the Journal of the American Medical Association.

Three Wonderful Acids

There are three wonderful acids in tomatoes. Some vegetables contain but one. Others have scarcely a trace, but tomatoes contain three. One is malic acid, which is the acid found in apples. Another is citric acid, which is the sour of the lemon, the lime and other fruits. Citric acid is both antiseptic and diuretic (beneficial to the kidneys). The third acid in tomatoes is phosphoric acid, so often used in the treatment of neuralgia, nervous disorders and other disturbances of health. It is because of the presence of these acids that the tomato has for centuries been used to relieve pain.

Dr. Arnold Lorand of Carlsbad, already quoted, tells you that this healthful acidity of tomatoes is what gives the characteristic "tomato flavor" and which is so deliciously palatable and refreshing. Furthermore, it is because of this acidity that you do not tire of the tomato as a food. It is its own appetizer and the only vegetable of which it is practically impossible to overeat.

Of supreme value to health is this constant freshness of the tomato, as dependable in canned tomatoes as in the fresh. There is nothing like it for the invalid and the convalescent; there is nothing better as a prime "pick-me-up" and revival for athletes, and there is no better food obtainable for everyday use for rich and poor alike.

Canned Tomatoes Freshest of All

Most amazing, however, is the fact that canned tomatoes are the freshest tomatoes you can get. This may read like a paradox, but you will find the following on page 205 of volume 7 of the Modern Hospital: "The canned tomato is much fresher than the 'fresh' vegetable bought at the market, and of finer flavor," because, it is explained, the packers of the canned product necessarily buy in large quantities direct from fields adjacent to the canneries in order to save loss of moisture content and because when the packer gets his tomatoes, he immediately cans the choicest of them with utmost speed, thus preserving the flavor and quality and preventing exposure to evaporation and to the damage which is unavoidable when the crop is handled and re-handled, shipped and reshipped, boxed and unboxed by commission men, market men, dealers and consumers.

Yet another point in this connection which should not be overlooked and which is emphasized by the same authority. "The juices of the tomato, contrary to frequent supposition, have little or no action whatsoever on the tin of the can containing them. In fact the contents actually retain their flavor longer in the case of tomatoes than any other canned vegetable."

Tomatoes for the Kidneys

What would you say if you were told that tomatoes are now indicated in the treatment of Bright's disease? Authorities of the University of Pennsylvania, as well as the John Hopkins University, agree upon this point. So does Seely Little of Rochester,

who places stewed tomatoes in the typical dietary of his leading cases.

Who would have dreamed such things a generation ago? Who would have believed the wonderful powers of the tomato? Who would have thought that this most wholesome and easily digested of natural foods was also invaluable in the treatment of serious diseases which today take such frightful toll of the lives of men and women?

Tomatoes for the Blood Nature's Own Antiseptic

And yet the story is not completed, for no other vegetable or fruit covers anything like the range of usefulness that does the tomato. No other vegetable approaches it. There is nothing like it for cleaning and purifying the blood. It is a natural antiseptic. Its natural salts and acids cool and cleanse the blood stream and clear the skin of those poisons which so often injure the complexion. Milady, at any rate, will be glad to hear of this and to know that it comes, not as a trifling statement, but as a scientific and proven fact.

One hears a lot these days about the anti-scorbutic properties of food which purify the blood. Tomatoes are more valuable in this respect than any other fruit or vegetable known to the medical profession. Friedstein says: "Tomatoes are the greatest anti-scorbutic thus far discovered." If you are inclined to be anemic, a bit run down and ailing, or about 'half-sick', there is no better treatment and no truer doctor than a liberal and wholesome allowance of tomatoes or tomato juice at least once or twice each day.

The Tomato—Really a Fruit

Truly, the tomato is the most interesting single fruit in the world. While many people consider tomatoes a vegetable, it is actually classed by the scientists and botanists as fruit. Tomatoes are also universally liked. Tomatoes are easily cultivated. Tomatoes are ripening from early spring until late autumn. Tomatoes in various size cans to suit the needs of the family, are available all year long. Tomatoes are enjoyed at breakfast, luncheon, dinner and supper. Tomatoes can be served in a hundred different ways. You can stuff tomatoes, you can stew them, you can make catsup, preserves, mince meat, soup, pickles, puree, conserve, sauces, jellies, wine and even candy from them. You can eat them with sugar, you can eat them with salt, or both. You can eat them cold, you can eat them hot. Tomatoes are delightful any way you care to "fix 'em".

Remarkable History of the Tomato

Like a veritable romance reads the history of the tomato. No other item in the entire range of our so-called daily bread can boast of such a record.

The tomato has been known for ages. It has been used by man as food since the dawn of time. True, stories to the contrary have been circulated, but scientific research explodes them as ridiculous. The French writer, de Candolle, proves conclusively that the original home of the tomato was in Peru. Others place it in Morocco, but the consensus favors the land of South America. It was brought to Europe as a food in 1596 and quickly introduced into all warm countries of the world, especially those bordering on the Mediterranean.

Old D'Acosta in his history of the Indies says tomatoes were a favorite food as long ago as the sixteenth century.

In Rousseau's Botany (1795) you may read that tomatoes were admitted to the table and eaten with relish long before his day. W. W. Tracy, of the Bureau of Plant Industry, U. S. Dept. of Agriculture, tells us that the fruit was first cultivated in our country in Virginia in 1781 and that as a

garden product it was first quoted on the market in New Orleans in 1812. The canning of tomatoes was started in the Eastern States in about 1860.

But beyond all this, if you will look up Chamber's Journal, of London and Edinburgh, in your public library, you will discover that the ancient Italian name for tomato was "pomo d'oro," or apple of gold, corresponding to the "pomme d'amour," or apple of love, of the French and "Paradies Aepfel" of the Germans—all of them derived from the old Etruscan tradition that the tomato was the apple of the Garden of Eden which with its beauty fascinated and tempted Mother Eve.

Where, pray, is the fruit that can boast a conquest so dramatic, a triumph so momentous in consequence, or so eloquent of charm?

Where, pray, in all the annals of food history, is there any other article that can even approach this record?

Surely, the tomato stands alone in a class by itself, supreme alike in story and tradition, and now proclaimed by science the truest friend we mortals have.

For health, for wholesomeness, for babes, for youth, for middle age, for old, for sick, for feeble, for well—for all—tomatoes.

HANDY HELPS FOR THE HOME

A very good remedy for coughs, colds or whooping cough, may be made as follows: 1 quart flax seed, steep for 12 hours in 2 quarts water; strain and cook down to 1 quart; add one lemon sliced and an equal amount of honey; cook all together.

Linseed Oil For Ringworm.

(W. F. Alta., in the N. W. F. writes: "I have noticed hundreds of inquiries in your paper regarding ringworm, and you always advise tincture of iodine. I have never used your treatment, but I have cured lots of ringworm on cattle, and also on human beings. The remedy is so simple you may laugh when you read it. Give the affected parts a rub-over with raw linseed oil about three times and it will disappear."

The Pig-Eating Habit.

D. A. W. Man., writes: "My experience is that a sow which farrows without being sick will, in all likelihood, eat her litter. I have found that by turning the sow on her back and tying her feet up in the air, thereby causing her to be good and sick at the time of farrowing, she will show no inclination to eat the pigs. This treatment has successfully broken sows of what appeared to be a habit."

To Prevent a Cow From Sucking Herself.

It is by no means an easy task to break a cow from the habit of sucking herself. Several schemes have been devised to overcome this habit, but many cows have been able to get around them. Probably as good a method to follow as any is to put a ring, with two or three links, in the cow's nose. These links will prevent her from getting hold of the teat. Another method is to place a sack over the udder.

If you forget and let a dish of hot food stand on a new oilcloth, you should not try to pull it loose nor run a knife blade under it, but dip out the food, and fill the dish with cold water. Let stand ten minutes and it will come off without injury to the cloth.

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