

The Home Doctor

Bread and Muffins Made of a New Ration

By Dr. Leonard Keene Hirschberg,
A.B., A.M., M.D. (Johns Hopkins
University)

Have you ever eaten Kafir corn muffins or feterita bread? If you have not there is a double pleasure in store for you, to wit, of the palate and of the pocketbook.

Experiments and the agricultural experimental stations of the west and south show that there is as little difference between Kafir and corn or feterita and wheat as between Alice's funny twins, Tweedledee and Tweedledum.

A table published recently in the Scientific American will give you an idea of these cereal flours.

	Wheat	Kafir	Corn	Feterita
Contents Starches and Sugars	67.70	70.98	69.60	71.71

Protein-albumen	13.94	12.69	10.50	11.50
Fat	1.56	3.52	5.40	3.34
Fiber	2.24	1.38	2.10	1.15
Mineral fertilizer	1.62	1.70	9.73	10.80

It was only six years ago that President Wilson's administration brought feterita into the country. It is now in fair way to become a staple farm product. It is particularly resistant to dryness and is a very hardy plant.

Mr. Hoover seems to be especially pleased that feterita, Kafir corn, milo, grain, sorghums, and other cheap fodders have grown successfully in American soils and can be utilized now to make delectable muffins, appetizing five-cent loaves of bread, and other things.

Mr. O. R. Geyer, an authority on these new cereal flours, says that the soils of the south are so well fitted for the growth

of feterita, Kafir, and milo that they will become a fine substitute for wheat and add greatly to the store of food products.

It is a surprise to a number of people to learn that the crop of cotton grown in the south yields lots of good foodstuffs. Yet cotton seed is such an excellent palatable that it is "too rich for your blood," and too protein a diet to eat alone, unmixed with weaker food products. It requires skilled dietitians to cook cotton seed flour in such a manner that the protein in it does not harm the human machine.

This served with such a cereal as Kafir corn, becomes so cheap and wholesome an addition to the larder that it is prophesied by Mr. Geyer to replace much meat and fish on the table. He puts the facts in this wise: "Commercial cotton-seed meal can be used in the preparation of food products, which contain 51% of protein and, if used intelligently, can be made to replace meat in an ordinary diet as a source of protein."

"As sold on the market, cotton-seed meal will contain from 30% to 48% protein—the tissue making albuminous part of a food. Compared with the percentage of protein found in other foods, the balance in favor of cotton-seed meal is apparent."

Round steak contains protein in quantities from 12% to 16%, beans have about 20%, peanuts about 25%, and wheat bread about 9%.

Some protein is the nitrogenous, muscle building part of nutriment, rations which include cotton meal are "some builders." This part is three to five times greater in cotton meal than in wheat flour.

Potato in the vernacular is "not in it" with Kafir corn flour, feterita, and cotton seed meal. "Americans will never be in this respect driven, like dumb cattle, as the Germans have been, to eat potato bread."

"Angel's food" can be given as a name to cotton-seed meal mixed with feterita and Kafir corn, for it is as nutritious and tasty a dish as ever was set before a king.

Breakfast cereals, breads, delicious muffins, griddle cakes, cookies, Christmas cakes, brown betties, biscuits, rolls, icing cakes and fruit cakes have all been successfully made from these new flours.

Physical Fitness

Was it not Herbert Spencer who said that "to be a good animal is the first requisite to success in life, and to be a nation of good animals is the first condition of national prosperity"? That is just as true of a nation in a state of peace as in a state of war, although it is war that obliges a people to examine its citizens and to accept or reject them on the basis of physical fitness. When such a test has to be made, it is appalling to see how many must be rejected for one reason or another, unless the war lasts so long that rulers have perforce to accept damaged or defective men for fighters.

It is probable that most of these physical defects could have been avoided, and that in a majority of cases the mischief was done in very early life. In fact, you cannot start too soon to build up a good constitution; fathers and mothers must not delay. The acute illnesses to which childhood is subject cannot always be avoided, and with the best care in the world they often leave irreparable damage in their train. But people are more careful than they used to be, and no longer speak of scarlet fever, or even of measles, as inevitable troubles, to be had and got over as soon as possible. They are recognized as serious matters. The result is that sensible, educated people do their best to protect their children from them, and that the laws regarding infection and exposure are framed to do all that can be done for people who are careless and uninstructed.

Apart from those infective diseases of childhood, most of the troubles that not only make children ill at the time but also affect the constitution injuriously come from errors in diet, errors in ventilation, or errors in exercise. The three things that a child must have in plenty if it is to thrive are food, air and rest. Digestive troubles are at the bottom of so many nursery troubles that infant feeding has become a science by itself, the principles of which are at the service of any mother who will take the trouble to learn them. But all the scientific feeding in the world will not lay the foundations of a fine constitution if a child is deprived of good air. Shut-up bedrooms and stuffy living rooms mean nose and throat troubles, and those are hard to cure. Finally, a child needs plenty of time for rest; a day is a long period for a small child, and it is possible to sow the seeds of nervous breakdown very early in life.

Mouth-Breathing

Mouth-breathing is more than a habit; it is an evidence of deformity or disease in the upper air-passages. A child never breathes through his mouth from choice. He does so either because the passages of the nose are obstructed or because his tonsils are enlarged, and he cannot be taught to breathe naturally so long as the obstruction remains. In some instances the interference with respiration is due to a deformity of the chambers of the nose, but in a majority of cases it is caused by the presence of adenoids in the pharynx. Enlargement of the tonsils may be as-



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