

BARRINGTON REVIEW

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IDEAS ABOUT FOOD

Popular ideas about food are a strange admixture of truth and fiction, according to a recent article by Dr. Lieb, an authority on diet. Particularly in this case with respect to notions of what is good for people, or not good for them, under varying circumstances.

For example, bananas and nuts were long thought to be hard to digest, but if the bananas are ripe and the nuts are chewed sufficiently they are among the most easily digestible of foods.

The prejudice against raw foods is also unwaranted it is said. Raw corn, wheat and other starches in moderate amounts are completely digested, while raw potatoes are 75 per cent digestible. The craving of some children for raw potatoes may be indulged to a reasonable extent without harm, and the same is true of raw cabbage and lettuce.

Drinking water during meals was long thought to be harmful to the digestion, but for normal persons it is now declared to be beneficial if sipped in between swallows of solid food.

Forcing children to eat spinach or other foods which they do not like is not good for them, as the feeling of repulsion which they experience hinders digestion.

While the doctor does not say so in as many words, it appears that a rather safe rule of diet is to eat what one likes, provided it does not produce any disagreeable side effects. And regardless of advice, that is what most of us insist on doing anyway.

SPREAD OF 4-H CLUBS

Last year 619,712 American boys and girls better fitted themselves for rural community life and leadership through 4-H Club activities, under the cooperative direction of the Extension Service of the Department of Agriculture.

Of the total number enrolled, nearly 400,000 completed the tasks or projects assigned to them, according to reports received from 2,622 county extension agents throughout the country.

Addressing 118 champion farm boys and girls at the 11th club camp recently held in Washington, Dr. C. B. Smith, chief of cooperative extension work, stated the purpose of the clubs to be that of aiding rural boys and girls in improving farm and home practices and in broadening the social life of their communities; in making them appreciate the possibilities of rural life and helping them to become efficient farmers and homemakers, and training them for leadership in their local districts.

The members are taught to "work together, counsel together, play together, cooperate and achieve."

There is no doubt that one of the foremost needs of rural people is better cooperation among themselves. Club work teaches boys and girls how to cooperate.

GRADE FARM PRODUCTS

No farmer would expect to sell at a good price a barrel filled with onions, cucumbers, turnips and carrots all mixed together. It is almost as foolish to think that he can get the best market price for a barrel of a single product in which all sorts are dumped together, regardless to size, color or cleanliness.

By neglecting to properly grade their produce, many farmers must sell it for much less than might be obtained for the same stuff if it were given a little care in preparing it for the market. This is one of the most important parts of marketing an expert says.

"Quality and uniformity in grains, fruit, cotton, potatoes, dairy and poultry products command a premium from the buyer. A crate of large, clean eggs of uniform color will bring more in a central market than one

in which small, dirty, many colored eggs are included. Dirty potatoes of mixed sizes add to the price alongside of clean ones that have been graded."

The difference in price between graded and ungraded products often means the difference between profit and loss in farming operations.

NEW BRITISH "ZOO"

By a rather novel plan adopted by the Empire Marketing Board, merchandise of British manufacture will be designated by a sort of "zoo," whereby articles produced in various countries of the Commonwealth will be designated by appropriate animal designations.

According to the scheme proposed, goods originating in the United Kingdom will be indicated by the picture of a lion. Australia by a kangaroo, New Zealand by a kiwi, India by an elephant, South Africa by a springbok, West Africa by an alligator, Southern Rhodesia by a rhinoceros, West India by a bear, Malaya by a tiger and Canada by a beaver.

It is believed that this innovation will have considerable advertising value and tend to stimulate a demand for products of the various countries of the Commonwealth.

For the benefit of those who may not be familiar with the animal kingdom, the bird, also the size of a hen, having white plumage and a long, slender beak, and found only in New Zealand. The South African springbok is a kind of gazelle, or antelope, very graceful and swift in its movements.

A somewhat distorted idea of India's elephant may be gained by observing American political cartoons during the next few months.

CHAMPION BOY ORATOR

Some 100,000 young orators may be inclined to fear competition with those trained in city schools should be encouraged by the success of James R. Moore, 17-year-old schoolboy of Somerset, Ky., who recently won the championship in the fifth national oratorical contest held in Washington.

The pick of all the high schools in the country, including those of New York, Chicago and Boston, made up the field of orators to compete before this year's Kentucky boy, who in the final contest received the unanimous vote of four members of the United States Supreme Court who served as judges.

The national contest orations this year were as usual, based on the Constitution of the United States and a total of more than a million school boys and girls competed in local, state and national contests, from which young Moore finally emerged as the first prize winner.

In many other important prize contests town and country boys and girls have shown superiority over their city competitors, and none should hesitate to try for prizes merely because they happen to live in small communities. It is what they can do, and not where they are from, that counts.

TRIBUTE TO BENNETT

It was a most graceful act on the part of Commander Byrd that he named his Antarctic enterprise the Floyd Bennett Antarctic Expedition and christened his leading airplane the Floyd Bennett.

Byrd was the pilot of Byrd's plane, which had been the first to make a successful flight over the North Pole. He died a few weeks ago of pneumonia, contracted while trying to relieve the crew of the Bremen, stranded on Greenly Island.

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Byrd did not live to accompany Byrd to the Antarctic, but had hoped, but the memory of his dauntless spirit will accompany the expedition to the Far South, inspiring its members to further deeds of courage.

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