

BARRINGTON REVIEW

ESTABLISHED 1885

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TELEPHONE NO. 1 BARRINGTON, ILL.

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 unwarranted it is said. Raw corn, wheat and other starches in moderate amounts are completely digestible, while raw potatoes are 78 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 is 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 is apparent that a mother's rule of diet is to eat what one likes, provided it does not produce any disagreeable after 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 National 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 148 champion farm boys and girls at the national 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, cooperate, 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 potatoes all mixed together. It is almost as foolish to expect to get the best market price for a barrel of mixed produce in which all sorts are dumped together regardless of size, color or cleanliness.

By neglecting to properly grade their products, many farmers must sell for much less than might be obtained for the same stuff by exercising a little care in preparing it for the market. In discussing this important phase of marketing to expert buyers:

"Quality and uniformity in grains, fruit, cotton, potatoes, dairy and poultry products command a premium from the buyer. A sack of green, 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 sell poorly 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 method adopted by the Empire Marketing Board, merchandise of British manufacture will be designated by a sort of trademark, whereby articles manufactured in various countries of the Commonwealth will be designated by appropriate animal designs.

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 turtle, 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 know, it may be said that the kiwi is a slender bird, about the size of a hen, having hair-like 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

Small town boys and girls who may be inclined to fear competition with those trained in city schools should be encouraged by the success of James B. 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 other metropolitan centers, went down to defeat before this able Kentucky lad, 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 were as usual, issued in the form of a list 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 yet more merely because they happen to live in small communities. It is what they can do, and not where they are from, that counts.

Songs of Plain Folks

By Jack Lewis Hayes

James Lewis Hayes

James Lewis Hayes

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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.

Bennett was a pilot of Byrd's plane, the Josephine Ford, on the first aircraft 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.

As a recent writer has said, "he died as he had lived, a true gentleman and a courageous, a man whose life was devoted to the cause of aviation, one whose loyalty to his friends was as strong as his love of his country."

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

preached a sermon from the pulpit of St. John's church in Birmingham, Eng.

Detroit has a conference especially prohibiting loud speakers and amplifiers on streets in neighborhoods where they are proved a nuisance.

Gene Tunney, who lately discussed Shakespeare at Yale, is not the only pugilist with scholastic attainments. Jack Hood, a British water-weight champion, recently

That Upton Sinclair was bitten by a dog who had been seen, except for the fact that the Sinclair was taking a walk when attacked.

According to the Christian Science Monitor, after the bombing of a large train in China General Carr "passed on," but several members of his staff were killed.

There is a new book, "The Story of the Church of Christ," by Dr. J. H. D. Duffett, published by the Christian Science Monitor.

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THE CHEERFUL CHIEF

I like the early twilight best

Against pale skies the

delicate

And wistful

like a secret

dream

LIBRARY NEWS

"CHICAGO IN SEVEN DAYS"

by John D. Bennett

The book is a collection of

the most interesting and

valuable information on

the city of Chicago, and

is a must for every

traveler who wishes to

visit the city in a short

time.

The book is available at

the following libraries:

The University of Chicago

The Chicago Public Library

The Chicago Historical Society

The Chicago Botanical Garden

The Chicago Museum of Natural History

The Chicago Art Institute

The Chicago Symphony Orchestra

The Chicago Opera House

The Chicago Theatre

The Chicago Grand Opera

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Message Center

GOLDBRICK has been A. W. W. for the

showing a lake, bluebirds and a flower

to enjoy the flowers and the flowers

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