

DR. WILEY'S Question-Box

Questions concerning foods, sanitation, and health will be answered by Dr. Wiley only if a stamped, addressed envelope accompanies your request. No exceptions can be made to this rule. Prescriptions for advice can not be given, nor can samples be analyzed. Address Dr. Harvey W. Wiley, Director Good Housekeeping Bureau of Foods, Sanitation, and Health, 506 Mills Building, Washington, D. C.



This woman has a calendar and is regarded with interest, delight and respect.

While this one is seldom invited to go out, she is lonely all day long.

Which of these women has learned the secret of Fifteen Minutes a Day?

TWO WOMEN live in neighboring homes. They are of the same age. Their husbands' incomes are about equal. They seem to have the same chance of social success and happiness.

And yet, one of these women is seldom invited to go out. She belongs to no set or club or society. She is lonely all day long. The other woman is always the center of a group of friends. Her calendar is full of engagements. She is sought after as a guest and admired as a hostess.

Make Her Secret Your Own

Her secret is very simple. She has learned how to attract people. She has read many things. Her mind is keen and alert, and people feel instinctively that she is worth knowing.

Any woman who knows something of literature and science, of travel and biography, will find herself becoming more and more attractive. It is possible to secure, all at once and at very small expense, the few great books that enable anyone to think clearly and talk well. You will understand how this is possible the moment you have read a wonderfully interesting book called "Fifteen Minutes a Day," which gives you the contents, plan and purpose of the most famous library in the world.

DR. ELIOT'S FIVE-FOOT SHELF OF BOOKS

The little book is free. It tells how Dr. Eliot put into his Five-Foot Shelf (sometimes called The Harvard Classics) "the essentials of a liberal education"; and how he has so arranged it with reading courses and notes that even fifteen minutes a day are enough to give you the broad knowledge of life and literature, the cultivated viewpoint that every university strives to give.

Every reader of Good Housekeeping is invited to have a free copy of "Fifteen Minutes a Day." It will be sent by mail postpaid, and does not obligate you in any way. Merely tear off this coupon and mail it now.

Send for free book that gives Dr. Eliot's own plan of reading



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By mail, free, send me the little guidebook to the most famous books in the world, describing Dr. Eliot's Five-Foot Shelf of Books (The Harvard Classics), and containing the plan of reading recommended by Dr. Eliot of Harvard. Also advise how I may obtain the books by small monthly payments.

Name (Mr. Mrs. Miss) _____
(Please write plainly)

Address _____

The publishers cannot undertake to send the booklet to children.

Starches and Sugars Principal Sources of Fat

In the October number of Good Housekeeping you stated that the vegetable oils were fattening only indirectly; that fats and oil in the foods were used chiefly as fuels, being more easily burned than sugar and starch. They thus spared the carbohydrates, which were subsequently converted into the fats and stored. This information is contrary to all my training in food and nutrition. In all my food classes at the State University I have been taught that vegetable oils were 100 percent fat. In our diabetic and obesity diets at the hospital all oils are calculated on the 100 percent basis, and mineral oils are used for mayonnaise. Miss H. J. H., Mo., Dietitian

If the fat in the human body is analyzed it will be found entirely different from any of the oils and fats that enter into our diet. Therefore, the fat in the human body could not have been derived directly from the oils and fats used. Butter fat is one of the principal fats used by human beings. Nevertheless in the fat deposited in the human body there is no trace of butter fat. Physiologically the fats in our foods are primarily fuels, and the burning of them in the tissues of the body is our chief supply of heat, represented in energy as well as in the temperature of the body. The predominating weight of physiological authority points to sugar and starch as the chief source of fats in the human economy. Mineral oil is totally indigestible. When taken into the stomach, it acts as a lubricant. It may be useful in cases of constipation but otherwise it tends to pass foods through the alimentary canal so rapidly as to interfere with proper digestion and assimilation.

Will Physicians Ever Learn?

There is persistent opposition to Horlick's Malted Milk and Shredded Wheat among physicians and nurses. I have a liking for both these products. I ask your frank opinion of the claim that neither has any nutritive value. Dr. H. N. D., N. J.

So-called "malted milk," of which Horlick's is a type, is a combination of dried milk powder with red dog flour which has been treated with malt so that the starch thereof has been largely converted into maltose sugar. While red dog flour is considered the lowest grade of flour produced, it contains more vitamins and minerals by far than refined white flour. Dried milk, when properly prepared, has lost very few of its vitamins and practically none of its nutritive value. This combination called "malted milk" has all the nutritive value of milk and red dog flour from which it is prepared. Shredded wheat is a whole-wheat product prepared under ideal conditions and is immensely superior to white flour in nutritive, vitamin, and mineral qualities. I can not understand why doctors or nurses should have this unwarranted prejudice against these foods.

Nature Is So Unscientific, According to Some Folks

Is it a bad practice to mix farinaceous foods with protein; for instance, eating meat with potatoes, or meat or eggs with bread? Does the eating of such a combination produce an acid which is bad for the system? F. E. B., Minn.

Evidently, according to some professing dietitians of today, the Lord made a fatal mistake in mixing proteins with starch and

DR. WILEY has prepared for distribution an important series of pamphlets for children, "Artificial Foods for Infants," and "The Feeding of Older Children"; for adults, "Constipation," "Reducing Weight," "Increasing Weight," "Diet in Pregnancy and Lactation," and "Hyperacidity and Fermentation." These pamphlets will be sent for five cents in stamps each and a stamped, addressed envelope. All those interested in health should send a stamped self-addressed envelope for the questionnaire designed for The League for Longer Life. With its aid, your exact physical condition may be determined and improvement made

when eaten with the skins, as they should be, contain a large percentage of protein already mixed with the starch. I have never noticed any particularly harmful effects from eating whole-ground grains of wheat and whole potatoes. But, according to the authorities you quote they are likely to develop poison. This false teaching of dietetics which apparently is so common now has no foundation whatever of a scientific character, and is contrary to Nature's plan.

Very Little Nutritive Value

Will you kindly tell me the value of broths and meat juices. I have been told that they are merely stimulating and appetizing and contain no nutritive value. Mrs. W. T. A., Conn.

The information which you have received about meat juices and broths is mainly correct. They do have a slight food value, but they are mostly stimulating and tonic. When used warm, but not too hot, they favor the secretion of the digestive enzymes and thus may prove of some value.

Sand Has Its Uses—But Not in the Human Stomach

I overheard a gentleman say he was helped in the case of a disordered stomach by eating sand. He gave as his authority a professor of some medical college who advised people to eat sand. You have always been very kind to me, and I try never to consult you unless it is something vital. I would so much like to restore my appetite and correct my stomach. If you think sand is a good thing, will you kindly tell me where I can purchase it. I want the finest—that is, sand that would not be harmful to the intestines or any organs in the body. The man who has been eating it for years is robust-looking. He said I could get silver sand at a hardware store. I don't think this is fine enough. Mrs. H., Pa.

I think if the gentleman whom you quote had in mind the figurative meaning of sand, his approval and use of it would be highly beneficial. In common language, the man who is brave, vigorous, and full of pep is said to have "sand in his craw." However, the human stomach is not suitable for grinding grains. If you still think you should eat sand, if you will apply to the firms selling building material, you can get the price per ton.

Away With Them!

I should like to know if there is any food value in the licorice candy cigarettes and jaw-breakers. Are they good for children? Mrs. H. M., Iowa.

I have only one word to say about the licorice candy cigarettes and jaw-breakers for children. Licorice is a laxative and should not be used as a candy. I do not know anything more harmful to the children than such combinations as these.