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THE TIMES

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No 76

THE TIMES
Port Limon, Costa Rica (G. A.)

Elixir of Youth from Iowa

Sour Milk Ice-Cream
Said to Be
a Cure for Old Age

The Soda Fountain the True Fountain of Youth. According to Prof. Mortensen—His Invention Easily Made—Recipe of the Frozen Elixir of Youth.

Prof. Mortensen of the dairy department of the Iowa State Agricultural College at Ames, Ia., has invented a new frozen elixir of life which he calls lacto.

When Prof. Metchnikoff of the Pasteur Institute at Paris published his book on "The Prolongation of Life" Prof. Mortensen got an idea. Metchnikoff traced the cause of old age to the putrefactive bacteria that make their home in the intestines. These bacteria throw off poisons which cause ill health, old age and finally death. The way to dislodge them is to give them a dose of their own medicine. The lactic acid bacteria which are found in sour milk produce acid which is fatal to their poisonous relatives. The problem of putting off old age is solved by sending an invading army of lactic acid microbes into the intestines to drive out the putrefactive bacteria. The simplest way to do this is by drinking sour milk. In certain districts of Bulgaria where sour milk is a regular article of diet, the people are said to live to an old age not approached elsewhere. But people generally don't like to drink sour milk.

So Prof. Mortensen started to work out his idea which was to supply the lactic acid bacteria in a palatable form. At first he diluted the elixir of life with buttermilk flavored with fruit juices. Later he decided to put his lactic acid bacteria in cold storage and market them in the form of ice cream rather than as a drink.

Here was the opportunity. An ice cream cone adrift in a sea of soda water was made up by the great national drink of the United States.

The substitution of lacto for ice cream cannot but result in a great improvement in the health of the frequenter of the soda fountain. Prof. Mortensen believes. Aside from being loaded with friendly bacteria, it contains less fat than ice cream, which makes it more digestible. Lacto contains a high amount of protein, the muscle building part of the food. It is more nourishing than sherbets and ices. It is cheaper than the old style ice cream and not so easily adulterated with gelatin or corn starch. The amount of lacto to that may be eaten by any child in safety is limited only by the capacity of his stomach or his pocketbook.

An experiment was carried on at Ames to see just how well lacto was liked by the average person. Out of 178 persons who sampled lacto 128 pronounced it very good, 37 good, 6 fair and 8 poor. Comparing it with common vanilla ice cream, 111 reported that they preferred lacto, 9 considered it equal to ice cream and 59 preferred ice cream. Comparing lacto with sherbet, 123 preferred lacto, 30 preferred sherbet and 26 considered lacto equal to sherbet. At the college creamery both lacto and ice cream were made and sold at the same price last summer.

MADURO & SONS

Sewing Machines *Prices to suit all*

New Home

January 15th

An average of eight days sales showed that 56.8 of the sales were of lacto.

Lacto is made of lopped whole or skim milk, with the addition of eggs, sugar, lemon and flavoring material. It can be made in a one gallon freezer on the back porch as easily as in the factory. The family recipe given by Prof. Mortensen is as follows:

Take a bottle of good fresh milk which has not been heated and set it away in a temperature of from 68 to 70 degrees Fahrenheit until it curdles. If it forms a smooth solid curd without pinholes, if the aroma is clean and pleasant and the flavor nice and creamy, it can be used as a starter for a larger amount of pasteurized whole or skim milk.

After this second batch of milk has curdled it should have a mild clean acid flavor. The curd must be thoroughly broken up by the pouring from one dish to another until it is as thick and velvety as rich cream. From this "lacto milk" lacto can be made by the following formula, which is sufficient for one gallon:

2 1/2 quarts lacto milk.
1 1/4-5 pounds sugar.
2 eggs.

1/2 pint cherry juice or concentrated cherry syrup.
1-3 pint lemon juice.

Other fruit flavors can be used instead of cherry as desired. The yolks and whites are beaten in separate containers. Both are then added to the milk. The mixture is thoroughly stirred and strained through a fine wire gauze. The fruit juices are added last. If there is any indication of the juices precipitating the casein, they should not be added until the mixture has begun to freeze.

The freezer is run until it turns with difficulty, when the paddle is removed. The brine is removed and the freezer repacked with ice and salt and left for an hour or so before the contents are served.

Card

Mr. and Mrs. ISAAC L. MADURO and Family
Mrs. OSOMD L. MADURO
Mr. and Mrs. FRANK L. MADURO
Mr. and Mrs. J. PAULY,

beg to tender their sincere thanks for cards, telegrams and letters of condolence and sympathy expressed in their late bereavement.

To the Editor of The Times
Limon

Dear Sir,

In the reference to your article in "The Lines" of Feb. 19th "Piet Cronje dies in peace" permit me to correct one or two errors in the article. I believe I am the only man in Costa Rica who was present as an active Executive officer at the capture of General Piet Cronje. And as such I think possibly a few further details may be of interest to you and your readers. Your statement that Lord Roberts had 60,000 men and 125 guns is perfectly true as regards the number of men Lord Roberts had "connected" with the capture, at the time of the "final surrender". But this was ten days after Cronje was cornered and brought to a standstill in the bed of the

Modder River at Paardeberg. This bringing of Cronje to a standstill was one of the smartest pieces of work done by the British, during the war and was accomplished by General French with a force of only 3,500 men, composed of 11th Hussars, 14th Dragoon guards, a portion of the Scots Guards and other mounted infantry and some Colonial troops, the details of which I cannot remember.

This force General French divided into two portions. The one half pressed and harried Cronje's rear as he was flying down the almost dry bed of the Modder River and the other half taking advantage of a large horse-shoe shaped curve of the Modder River, cut across country and headed and engaged Cronje's advance guard, driving them back on the main body. The banks of the Modder River being so high and unclimbable General French held Cronje in this position for three days until reinforcements arrived under Lord Kitchener. Lord Kitchener wished to shell the position at once but was overruled by Lord Roberts, who gave Cronje three days grace to decide whether he would surrender without a fight or not.

These three days grace were employed by Cronje to dig out caves and bomb proof shelters in the soft banks of the Modder River. And it was during these three days grace that Lord Roberts' force was so greatly increased; but there were never 60,000 men at Paardeberg, as a very large portion of this 60,000 was employed in guarding lines of communication and acting escort to ammunition and provision convoys.

At the end of the three days Lord Roberts had a far more difficult situation to deal with than he would have had, had he followed Lord Kitchener's advice and attacked the Larger at once. Instead of shelling a large force of men in the open river bed without shelter of any kind he was often

served out to the Boer prisoners in abundance, whilst poor Thomas Atkins was again served out with only three hard, dry biscuits for a day's ration.

I do not think that the number of Boer dead at Paardeberg has ever been published and I doubt if any one knows correctly; but Cronje left Magersfontein with 10,000 men and was captured with only 4,000 odd some may and probably did desert him, but I know for a fact that it took two whole regiments three days to bury the dead. And many were never buried at all, but thrown into the river. This river was in a horrible state, being full of dead and putrid horses, mules, oxen, men and even women and children, for many of the Boers had their families with them and the women and children could shoot as well as the men and in some instances were much braver and more reckless.

The British troops, camped below the Paardeberg camps (the writer amongst others) were compelled to drink the water that filtered through this mass of putrid mass of human and animal flesh. In this water, is attributed the plague of enteric fever which broke out in the British army immediately following the battle of Paardeberg. This scourge accounted for five times as many deaths compared with the number that died on the battlefields or in the hospitals from wounds.

AFRICANER

Current News.

The Hamburg American Line steamer "Sibiria" sailed Monday last for New York via Colon. The pier was practically deserted, much unlike the sailing of the Prinz that includes Jamaica in her route. It was only the hustling of bananas on board that reminded one that one of these popular liners was about to leave the port. She carried no passenger but a cargo consisting 18,500 bunches bananas, 11,157 sacks coffee, 138 sacks cocoa, 40 bundles hides, 3 packages rubber, 12 cases gold and silver bullion.

The s. s. "Heredia," consigned to the United Fruit Company arrived yesterday morning from New Orleans via Puerto Barrios. She brought 5 passengers for Port Limon and a good many in transit. The following is the list. From New Orleans: E. T. Miller, F. C. Austin. From Barrios: Francois Marcial, Charles Cohen, F. Borgemeister and 2 deckers. In transit: Theo. Noel, E. D. Winchester, L. C. Dyer, P. M. Green, W. Keech, Charles P. Giasspoole, B. Monett, Mrs. L. C. Dyer, A. B. Cox, Mrs. B. Monett, Mrs. Chas. E. Giasspoole, Mrs. J. Badley, Geo. E. Evelyn, Miss. Isabela Nash, H. K. Winchester, Colonel W. B. Bolley, Mrs. J. G. Hoffman, Jr., Miss. Anne Gallagher and 3 deckers.

Barefaced Thief

Yesterday morning about 9.30 M. Tuffitt Esna opened his stall in the market and while hanging up a bundle of men's braces for exhibition, a few Jamaica men stepped up to the stall and while examining some

goods that was on show one of them took up a felt hat and slipped it under his jacket. Another stallholder, Pedro Jallet who was sitting at his stall about 15 feet off saw the man's manoeuvre and when he stepped off with his ill-begotten prize called out to him saying bring back the hat. Upon this command, the man who was near the market gate threw down the hat and took to his heels. A police was hailed and before he could make good his escape he was captured and carried to the carrel. Tuffitt Esna, the owner of the hat went to the carrel to give his statement and while doing so the man said to him "what have I done". Esna made no reply but continued his tale, whereupon the man drew from his pocket a small penknife and put it in his mouth. The policeman standing by saw what he did, made him open his mouth, but to his surprise the penknife was swallowed.

A Modern Othello

Between the hours of 11 and 12 o'clock on Monday night last the residents of a popular neighbourhood was disturbed by the sound of what appeared to be the punching of one "Jack" Johnson's sand bags. But when a close investigation was made and the ear caught on to the sound of voices that appeared to come from the lower regions of man it was discovered that some one was caught in a trap and was paying the "piper." What our scribe gathered was: a certain gentleman employed in a German firm through some means or other found himself in the private apartment of a family, where the chief of this house daughter rests.

Like the ancient father of Desdemona he was put on the scent and when the right time came the old man knocked at the door but could not go in; he used force and bang went the hinges, exposing to view the loving pair. The reader can more imagine than we can describe the dilemma this young gentleman found himself; but like a soldier he stood up and received blow after blow and all he did in return was to exclaim "do don't make a noise, the people will know what is going on." When the old man thought he gave his unwel come guest enough chastisement for his bold act showed him the steps.

GORDON TAILOR

It has come to my notice that some one is travelling in the Lines who are supposed to represent me. I wish it to be clearly understood that I have no Agents for this purpose. In future all communications, and Cash Payments to be made direct to

F. Gordon—THE TAILOR
P. O. B. 197 Port Limon

People who are canvassing in my name will be prosecuted.
Jan 21st 1 m

First Fine Art Exhibition in Latin America

The first exclusively American fine arts exhibition to be held in Latin-America has been opened at Montevideo, Uruguay, according to a telegram received today by the State Department from American Minister Morgan at Montevideo.

Foreign Pitch Pine Lumber

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Feb. 12

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Art Tailor.

Tailor

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Port Arthur.
(Opposite the Public School.)

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WHISKIES, Canadian, mark "WISKEY" and Scotch mark "B.L." red and white capsules, so highly appreciated for their exquisite flavour.
BEER, German, marks "KAISER" and "MOXIKER" of which we are the sole importers, & American, marks "St. Louis Lager" and "A.B.C." in white and dark bottles. All of excellent quality.
CIGARETTES, "WHITE SEAL" brand, of the renowned house of R. & J. B. Machado from Kingston, Jamaica.
CONDENSED MILK, "EAGLE & CROWN" brand. Compares favourably with the best imported brands.
CODFISH, In drums of 200 and cases of 100 pounds net. We guarantee the prime quality and the dryness of the fish.
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NOTICE, We specially request our friends and the general public to note that we guarantee the full weight of our beef and codfish.

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Box 200—Limon, C. R.

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HERMANN & ZELEDON

BOTICA FRANCESA

SAN JOSÉ DE COSTA RICA

Lawyers and Notary Publics.

We have the honour of advising that we have established in this City our office as Lawyers and Notary Publics, where we will accept the charge of all judicial and Extra-judicial affairs, as well as cases taken before all the tribunals of the Republic. Trusting to be favoured with your very respectful orders.

At your commands, A. SKINNER KLEF HORACE CASTRO R.

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22nd Dec.

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