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BOONE DRUG COMPANY The Rexall Store

BOONE, N. C. ONE DAY ONLY Mon. SEPT.

BREAD IS BEST OF FOODS CONSUMED **BY HUMAN BEINGS**

By CALEB JOHNSON That "bread is the staff of life." is an old saying familiar to every body. If was a wise

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which centain the preportions of pra-tein and the fuel foods necessary for buman needs. If, for instance, you eat enough beef to satisfy the protein needs of the body and eat nothing else, you will have an insufficient sumply of fuel. If you eat enough beef to sup-nly the fuel needs of the body you will take in too much protein. On size other hand, if you try to live on fruit you will have to eat about the opti-alent of 35 poinds of apples to any-ply the precessary protein whereas is pounds would supply sufficient -recry but there would be a shortage of protein. Baffed potatoes, onion-corn almonds and bread approach a balanced det, but over these full tre hert Potatoes and corn alone would have to be consumed in hirge quan-tities to meet the needs. Taken by itself, good bread, made of whole rrain, comes the near-ct, nermans, of all feed princips to fur-mishing a balanced food diet of satisficatory bulk. With bread is inclu-ated a variety of flour preparations with a macaron, becude, vieward roles and crockers, but to try to liv-or these alone would be manifestive absord. If we cannot live on bread alone,

and these above would be manufactly absurd. If we cannot live on bread above, certainly we shall not be able to find only other substance that will must the dietary requirements of the dar. It is occessary to combine high pre-turn foods with how protein food, a such propurtions as will furnish but, the model with how protein food, and will at the same time, suit the taste. Pro-tein foods are, as you know, most of animal, origin and foods low a protein foods to a protein value are mostly of vegets to meet all three requirements, butk, protein ration, and taste, is likely, therefore, to convast materials of both animal and vegetable origin. At any rate it is only by means of a mixed diet that we are able to maintain a satisfactory ration. For infants milk is, of course, a complete food, especially mother's milk—but as the child develops this even does not affect. A large part of the manufaction.

not suffice. A large part of the malnutrition in children is due to the lack of a balanced diet. People are unac-quainted with the importance of a balanced diet often purchase food entirely on the basis of appetite or the temptations of market. Also there are those who are so poor as to be unable to bay anything bat the chappest articles to be obtained, and such persons often saffer from mal-culuition.

In the case of school children the indulgrates of the annetite in an ex-cessive anoignt of sweets and the onsequent throwing of the dief our of balance has been found to be one of the rate fractions. of the must frequency causes of mal-nutrition. The resort to cheap foods, may lead to malputrition through an excession a mount of starches. Starchy foods are assaily the cheap-est foods that can be purchased, and while good foods, should not be used to excess.

drates are changed to simple sogars all fats to simple soaps and giveer-ines, and all proteins to simple nitro compounds you will see how it is to claim a smarted value which of food in connection ith the building up of any special

products of protein, fat and AIT carbohydrates after digestion are un-tributed in great measure, without discrimination by the blood, and the cells of the body draw their supply

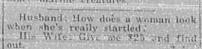
That "bread is the staff of life." blocked in great onesdre, without a start of stress of the body the block, and the cells of the body the block, and the cells of the body the block, and the cells of the body the block and butter is a gold headed cane." Another fact should not be lost used to contain an abundance of salts in their natural condition and it is trace to the the block with the deprint of the block with the deprint of the block and the overrefine men of the phospherus and the overrefine men of the block with the deprint of the market. Some times are free word this would be anaryels or the the block with the deprint that all body needs can be satisfied by a single substance. If that we shoke and the the the free tree word this would be maryelow to feed to contern yourselves with the the term are only a few substances for the day there are only a few substances which contain the protein and the fuel hoods necessary for the hody and eat nothing else. You with fuel needs of the body yout the protein seed of the body word. The fuel needs of the body yout the fuel needs of the body yout the protein needs of the body yout the protein and the fuel hoods here sample on the deprint of the material is broken wheth of the body word. The fuel hoods with the fuel needs of the body yout the protein seed to sub there again the material is broken wheth of the body word. The fuel hoods with the fuel hoods are seed of the body word. The fuel hoods with the fuel hoods of the body yout the fuel needs of the body yout the fuel hoods of

FIND SKELETON OF LIZARD 150,000,000 YEARS OLD

Chicago. — The fossil skeleton of an eithtyosaurus — a fish-lizard which roamed the lands and sear more than 150,000,000 years ago, has been re-ceived by the paleontological divis-ion of the department of geology at Field Museum of Natural History here.

preservation, was found in a stone quarry in Bavaria, in a section from which informathic shales are so

which the block of stone which concealed the block of stone which concealed the fossil with directly along the skeleton, revealing a clear impres-ser of the fins and skin. The speci-men was of a comparatively young fish-lized about four feet long. According to Pratessor Elmer S. Riggs, associate curator of valeon-bology, full grown indexes a fish-like body with a tail and fins, but with a long shout smiller to that of a gar nike. The jaws were lined with sharp teeth which made it easy for the fish-lizerd to prey apon tish and ather marine creatures.



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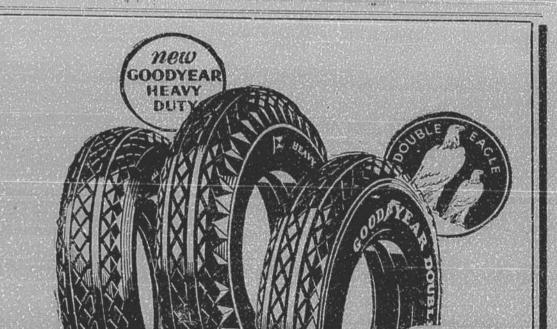
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