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No use to squirm and wince and try to wear out your Rheumatism. It will wear you out instead. Apply some Sloan's Liniment. Need not rub it in—just let it penetrate all through the affected parts, relieve the soreness and draw the pain. You get ease at once and feel so much better you want to go right out and tell other sufferers about Sloan's. Get a bottle of Sloan's Liniment for 25 cents in the house—against Colds, Sore and Swollen Joints, Lumbago, Sciatica and like ailments. Your money back if not satisfied, but it does give almost instant relief. Buy a bottle to-day. Adv.

Helps for Home-Maker.

Edited by the Extension Department of The State Normal and Industrial College—Food: Prepared by Miss Minnie L. Jamison, Director of the Domestic Science Department.

Eggs.

If the young chick is developed from the egg without the aid of any external agency, save heat, it follows that eggs contain much protein (tissue-forming material) and mineral matter, because these are the materials out of which bone and blood are built.

Composition.

The white of an egg is made up principally of albumen and water. The yolk contains not only protein, but fat of a very assimilable nature. Yolks of eggs are especially rich in the quality of the mineral matter, also. These are phosphorus, iron, calcium, potassium and magnesium in the form of salts and other chemical compounds. The latter foods are necessary in making the chemical changes of the body, if health is to be maintained. They are also necessary for the development and growth of the bony structure of the child's body. Because of this fact, and the large percentage of protein and assimilable fat in the yolks of eggs, these are valuable food, especially for children and anemic people.

The white of eggs is a valuable source of protein for the sick. Because of the mild flavor, the white may be combined with milk and many other cold drinks to increase the nutritive value of a liquid or semi-solid diet.

Effect of Heat

Heat hardens and toughens albumen. Albumen coagulates below the boiling point. At about 160 deg. F. the albumen of the egg is a soft, tender, white jelly; therefore eggs cooked below the boiling point are more digestible and wholesome.

Soft Cooked Eggs

1. Pour boiling water over the eggs, four to one quart; cover the vessel, allowing it to stand where the water cannot boil from seven to ten minutes, depending on consistency desired.

2. Pour boiling water in both compartments of a double boiler. Put the eggs in the inner division; keep covered in a warm place for eight minutes.

3. Put eggs in cold water; bring the water to the boiling point. Serve immediately.

Hard Cooked Eggs

1. Pour boiling water in both compartments of a double boiler; put the eggs in the inner division, cover, and place on the back of the stove where water will not boil for forty-five minutes. The yolks will be granular and the whites will be firm, but not tough. Egg yolks cooked in this way are very valuable for under-nourished children and convalescents.

2. Boil thirty minutes.

Poached Eggs

Break the eggs, one at a time, in a saucer, and slip them into a pan of boiling salted water. Remove at once to a cooler part of the stove where the water cannot boil. As soon as the eggs are set, serve on buttered toast. Sprinkle with pepper and salt. Only fresh eggs can be poached.

Scrambled Eggs

Do not beat the eggs. Cut the yolks just enough to mix with the white, sprinkle with salt and pepper, pour into a hot, greased pan, and cook until set. Now lift the pan slightly and at the same time draw back with a spoon the part already set. If the cook is careful, this will make a pretty dish of white and gold.

Creamy Omelet

Eggs, 4 Salt, 1/2 teaspoon
Cream sauce, 1/2 cup pepper to taste.
Beat the yolks, add cream sauce, salt and pepper; then fold in well-beaten whites. Pour into a hot, buttered pan, cook slowly until set; fold turn out, and serve at once.

Cream Sauce

Milk, 1 cup Butter, 1 tablespoon

A Booster for Ahoskie.

Patronize the Chautauqua Coming to Ahoskie February, 16th., 17th., and 18th.

There is now a new spirit abroad in the world. It is the spirit of democracy, the spirit of getting together, the spirit of cooperation. This spirit is finding expression in small groups, in clubs and lodges, in unions and federations and in a growing spirit of unity among the churches. It is beginning to seek embodiment in terms of civic consciousness, in better national unities and in world policies.

Because of the isolation and individualism of the smaller towns and cities this spirit is slow in finding means of expression. The smaller towns are social units of great importance, in some respects of more importance than the larger cities. The strongest and most aggressive men of the cities have come from the country or the smaller towns. The greatest men in the professions, the greatest leaders in politics and statecraft, in industry and commerce have come from the country or smaller towns. The greatest man that ever lived came from the little town of Nazareth.

It is possible to make these smaller towns places of great influence and power.

An old method improving a town was to get some man of wealth and public spirit to give it a fountain, donate a monument or put up a library. These are all important, but it is far more important to do things that will develop a public spirit, a spirit of unity and furnish an opportunity and a channel through which this spirit may be expressed for the common good.

The first problem of these smaller towns is to see themselves and their needs clearly. The greatest object of their citizens should not be to get as many dollars as they can and keep them as long as they can, but to build the best town they can and to produce the best type of boys and girls, men and women, the best churches and schools, the best forms of amusement and recreation and to boost with enthusiasm anything that will give an opportunity for community expression, to things making for the common good.

The mid winter chautauqua festival that is to be given in our town during the days 16, 17 and 18, in Newsome's Hall, affords

just such an opportunity and channel of expression. It should have the cooperation of every citizen of our town. Its session should be announced by young and old. Our largest auditorium should be filled with enthusiastic boosters. If this is done, and well done, it will be worth many times its cost to our town.

The Radcliffe Bureau of Washington, D. C., is furnishing in these festivals wholesome amusement, valuable instruction and a lofty inspiration. The towns and cities where these festivals have been held are loud in their praise and say that it is making good on this great program.

By concentrating the twelve performances into three days it is possible to make a much greater impression than if they were given one every few weeks extending over many months, and in addition it does not cost our town one-half as much.

This festival will give our people a larger vision of individual and social life.

There will be discussed and set forth in this program the great constructive forces of civilization—the great achievements that the human race has made up to the present time and some of the great problems that are now before the world for solution.

It will do our town much good. It will give us eager visions and higher ideals. It ought to make for cleaner streets and yards, better sanitation, the development of more beauty spots in our town and a wide-awake public spirit.

Out of it ought to grow a permanent organization such as a Boosters Civic Club, possibly also a County Farm Bureau. These would do much to bring the town and surrounding country into a much closer fellowship. Most important of all we should decide to make the Festival an annual event. Join hands with the public spirited men of our town who have become guarantors and workers to bring this Festival here. Be a booster, buy a season ticket at once if you are not supplied, attend the meetings and help to make it a great success, this year, next year and the years following.

A Real State-Wide Primary.

The people of North Carolina expecting that there will be passed by the present General Assembly a State-wide primary which will be the real thing and that behind it there will be a corrupt practices act which will mean business.

It is time that the bills be considered by the House and the Senate, and the expectation of the people is that there will be no makeshift. The people are to be considered and the Democracy is the party to consider the people. The naming of party candidates should be directly in the hands of the people of the various parties.

If we have correctly diagnosed the sentiment of the people of the State—and we believe we have—then the call is for a legalized State-wide primary for all parties and for all elective offices on the same day, the expenses of the primary to be paid by the State and the counties as they are affected.

"Trust the people," said Secretary Bryan, while in Raleigh, and he was uttering the correct Democratic doctrine. And we can well trust the people to select the men whom they wish to elect to office.

The Henderson Gold Leaf speaks up for Vance county, and what that paper says will be said by many papers in many counties. Declaring for the State-wide primary that paper has the following in its latest issue:

"If the Legislature or anyone else wants to know what sentiment is in Vance county (outside of professional politicians, if really there are any such in this county) in regard to a State-wide primary, the Gold Leaf believes it is in position to say that at least two out of every three Democratic voters in the county favor such primary properly safeguarded by law. As to our Republican friends, we could hardly undertake to say with accuracy what percentage of their voters in Vance favor the State-wide primary, as we have not talked quite so freely with them on the subject. The people of Vance are tired of the politicians' primary and want a people's primary."—News and Observer.

Cunis Items

Miss Minnie Brinson visited Mrs. K. R. Israel last Sunday.

Mr. H. A. Piland and wife was the appreciated guest of Mrs. Piland's parents Mr. and Mrs. John Euro last Sunday.

Mr. B. G. Tebout and Mr. O. R. Eason passed through town Monday P. M., on their way home from Gates County, there must be some attraction over in Gates for them.

Mr. M. T. Mullen was in town Saturday.

Mrs. W. M. Eley is in town visiting Mr. J. A. Eley and family.

Mr. Ben Baker has gone to Aulander to take charge of the section on A. C. L. Railroad, he will move his family at once. Mr. Brinkley has taken his place here.

Miss Carrie Parker is visiting friends in Ahoskie this week.

Glad to see Mr. Lewis Stone out on the streets after being confined to his bed for two weeks with pneumonia.

Sorry to report Mrs. Ealey Britton on the sick list this week.

Mrs. C. L. Scott and children and Mrs. W. D. McGlohon were callers at the home of Mrs. Joe Bass Sunday P. M.

Miss Almada Miller and Miss Ethel Basnight spent one day last week in the home of Mrs. S. P. Parker.

Mr. K. R. Israel is having a new store house built, will be glad to see it completed and filled with new goods.

It seems like it will never stop raining and the roads and streets are so bad a person can hardly get down them riding.

Glad to see Miss Addie Miller out again after being ill for some time.

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DON'T SPEND ALL YOUR EARNINGS

Put some aside for possible sickness, or misfortune. We welcome small accounts as well as large ones. The man who has a little money saved is the one who is in a position to open the door when Opportunity Knocks. Don't run the risk of loss by fire or thieves, deposit your surplus earnings with us.

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