

MANY WAYS TO USE CORN MEAL

Federal Experts Work Out Number of Receipts for Various Appetizing Dishes Made From Corn Meal

Washington, Feb. 14.—The department of agriculture's experts in nutrition have been studying the possible uses of corn meal, which they have figured makes up more than 8 per cent of the total food consumed by the people of the United States.

Mix all together; form into rolls about five inches long; roll in greased paper and bake in a moderate oven one hour. Serve hot.

Other Simple Breads

There are other simple breads, which were first made by the Indians and are very old types, closely resembling the breads of other primitive people.

Ash Cake—One quart corn meal, two teaspoons salt, one tablespoon lard or other shortening, boiling water.

Hoe Cake—Hoe cakes are made out of corn meal, water and salt. They were originally baked before an open fire on one board, which for convenience had a long handle attached to it.

Certain dishes made of Indian corn have become identified with certain localities and thus we have receipts bearing the names of those localities.

South Carolina Corn Bread—One and one-half quarts fine corn meal and two and one-half quarts wheat flour, or two and one-half quarts fine corn meal, one and one-half quarts flour, with two teaspoons salt, one pint mashed sweet potatoes, one cake yeast.

Boston Brown Bread—One cup corn meal, one cup rye meal, one cup graham flour, two and one-half teaspoonsful soda, one teaspoon salt, three-fourths cup of molasses and milk.

Italy's Contribution—Italy has also contributed to the list of palatable dishes which may be evolved from corn meal.

Peculiar After Effects of Grip This Year—Leaves Kidneys in Weakened Condition—Doctors in all parts of the country have been kept busy with the epidemic of grip which has visited so many homes.

Corn Husks—Chop the chicken season with the cayenne pepper, garlic, or the onion finely chopped, and salt; form the meat into little rolls about two inches long and three-fourths inch in diameter.

Meat With Corn Meal—The addition of corn meal does actually tend to produce a balanced ration, for the meat furnishes protein and fat, while the corn meal furnishes starch.

Corn Meal Fish Balls—Two cups cold white corn meal, one egg, one cup shredded codfish and soak it to remove salt, if necessary.

Tamales—Meat from one-half boiled chicken, one teaspoonful salt, one clove, garlic or one-half medium-sized onion, one cup corn meal, one-fourth teaspoon cayenne, two or three small red peppers.

Corn Husks—Chop the chicken season with the cayenne pepper, garlic, or the onion finely chopped, and salt; form the meat into little rolls about two inches long and three-fourths inch in diameter.

Consumption Takes 350 People Every Day

in the United States and the surprising truth is that most cases are preventable with timely, intelligent treatment.

These appalling facts should warn us that after sickness, colds, overwork or any other drains upon strength, Scott's Emulsion should be promptly and regularly used because tubercular germs thrive only in a weakened system.

The tested and proven value of Scott's Emulsion is recognized by the greatest specialists because its medical nourishment assimilates quickly to build healthy tissues; aids in the development of active, life-sustaining blood corpuscles; strengthens the lungs and builds physical force without reaction.

Scott & Bowman, Bloomfield, N. J. 1574

It Suits Wanamaker.

The briskness of retail trade is the ultimate expression of prosperity. It is, therefore, interesting to read the opinion of John Wanamaker upon the Democratic Tariff Bill.

Says the multi-millionaire merchant, a Republican, by the way and former cabinet officer: "It is a much better bill than I expected and I believe it possible for the manufacturers to adjust themselves to the changed conditions in at least two-thirds of the items in the new schedule."

Mr. Wanamaker attributes the defeat of the Republicans in 1912 to "deaf, blind and dumb" leadership, trade and commerce, he finds are in healthy condition. Speculation is less active than trade. There is no observable lack of confidence.

Mrs. Esther Brown, aged 77 years, died at the home of Sylvester Brown in High Point on Tuesday of last week. The deceased was a sister of Mr. A. M. Idol, of High Point.

This dish, which is common in Italy, differs little, except in name from hasty pudding, though it is served in very different ways. Sometimes cheese is added during the cooking.

Tomato Sauce for Polenta—Two tablespoons butter, two tablespoons flour, one cup thick strained tomato juice, salt and pepper. Melt the butter; cook the flour thoroughly in it; add the tomato juice and seasonings, and cook until smooth, stirring constantly.

Another attempt to produce a balanced ration in one dish has been made by the natives of Jamaica. It is called "Stamp and Go" and consists of salt fish, lard and corn meal, and has a nutritive value resembling that of scrapple.

Corn Meal Scrapple—One pig's head split in halves, two cups corn meal, salt and sage. Cook the pork in water until the meat can be easily removed from the bone.

When all the world is young, lad, And when all the trees are green; And every goose a swan, lad, And every lass a queen;

When all the world is old, lad, And all the trees are brown; And all the sport is stale, lad, And all the wheels run down;

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The Social Service Workers at Raleigh

The Social Service meeting which convened in Raleigh beginning last Thursday and closing Saturday night brought together some of the States' most active and energetic workers for the common good.

The other speaker of the afternoon was Dr. Shailer Matthews, of the University of Chicago, and President of the Federated Churches of S. H. R. D. L. of the Churches of Christ in America. He pleaded for a social uplift that will not only rescue the unfortunates but establish his salvation by changing his environment in such a way as to assure permanent saving force.

Large numbers of new members for the North Carolina Conference of social service were enrolled and the leaders in the movement declare that in spite of the heavy inroads on the attendance upon this annual conference, the work is really in fine shape and that great results will surely be accomplished right speedily.

Western Enticement—How to Mite It—The Watauga Democrat tells of the efforts of agents of Western railroad lines to induce the discontented of that section to move West.

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The Pistol-Carrying Habit

A Baptist preacher of Macon, Ga., was killed at his home by his own pistol, which fell from his pocket when he was stooping to care his two-year-old child.

The inference rather is that the pastor preferred to carry the pistol with him. In the whole sad circumstances there must be the fair criticism of a man going armed. He may have felt it necessary to own a pistol for protection against burglars, but it indicates how lightly some things which once were regarded as fundamental, sit when a possessor of the gospel goes armed.

He took occasion to denounce most scathingly a bill that he found to be pending in the South Carolina legislature to prohibit white persons from teaching negro schools.

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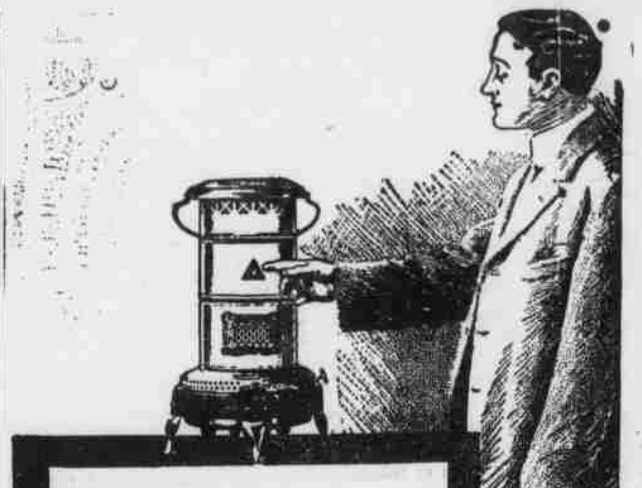
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LOOK for this triangle before you buy any heater.

It is the trademark of the latest model of the Perfection Smokeless Oil Heater.

It is the sign of the greatest improvements ever made in oil heating devices.

PERFECTION SMOKELESS OIL HEATER

The Perfection is smokeless, as now made, gives more heat, holds more oil, is better made and works better than any other heater on the market.

It has a wide, shallow oil font, which allows the oil to pass readily up the wick and insures reliable, unchanging flame and heat, whether the font is full or nearly empty.

The Perfection is smokeless, because the patent locking flame-spreader prevents the wick being turned up high enough to smoke. It is easy to re-wick, because the carrier and wick are combined—just turn out the old and slip in the new.

Indicator tells how much oil is in the font. Filler plug is pushed in like a cork—no screw, no thread to wear. Attractive latticed window frame.

The Perfection Heater is finished in vitreous turquoise-blue enamel or plain steel drums; looks well, lasts well, easy to carry wherever wanted.

Dealers everywhere—or write for descriptive circular

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H. E. Buckles & Co., Philadelphia or St. Louis.

Cool Springs Items.

Mr. Dennis Hays and family have moved to Cedar Falls.

The students of Hardin Grove School recently presented to their teacher, Miss Bertie Wrenn, enough squares to make a memory quilt.

Miss Esther Walker has returned home after a visit to friends at Troy. Mr. and Mrs. Wm. Hays made a business trip to Franklinville one day last week.

Mr. Cates made a business trip to Greensboro Tuesday. Mr. John Coble who had his foot amputated recently, at Dr. Wilkerson's hospital at Randleman is reported to be getting along nicely.

Friendship. This is the friendship I would choose; Hard to win and hard to lose; Slow to seek an explanation; Quick to find an explanation;

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