

HELPS FOR HOMEMAKERS

Edited by the Extension Department of the State Normal and Industrial College.

FOODS—Prepared by Miss Minnie L. Jamison, Director of the Domestic Science Department.

THE WORK OF THE HOME THE NOBLEST CALLING

There is an impression prevalent, especially in the South, that young women may grow up without any knowledge of cooking, cleaning, buying, the care and feeding of the child in the home, and yet, when the proper time comes, by some sort of inspiration, these young women become good homemakers and homekeepers. This is true to a limited extent. An energetic, business-like young woman who sets about housekeeping intelligently, may, after much worry, waste of time, money and energy, become a good housekeeper—even as good as her mother and grandmother. Why, we do not have a right to expect more of the home-makers of this generation than was possible for our mothers and grandmothers? With the light that science is throwing around the home, and in the home, have we not a right to expect stronger manhood and womanhood in the coming generation?

Nearly all professions are open to women, but to engage in any one of them a woman must take the training necessary for that profession. What professions can compare in honor and in responsibility to that of home-making and motherhood? Is not the feeding and growth of a child's body of fundamental importance? Is not the responsibility of the moral and religious training of the child or the home enough to make the most careful home-maker stop and marvel at the task she has undertaken? The men of this country are studying the scientific feeding of their cattle in order that they may make the most out of it. Is not feeding of the child of the home a vastly more important matter than the feeding of the pig? And yet we prepare for all other professions and leave the highest of God-given privileges to haphazard, hit-and-miss methods. The home is the unit of society, and as such it relates to all human activities; however, it relates primarily to the life—physical, mental, and moral life—and happiness of the family.

If young women are taught how to plan meals for the growth of bone, cell and blood, for the repair of waste tissue, for the elimination of waste, and how to prepare the same from a hygienic, economic standpoint, is it not reasonable to believe that such training will produce better management in the home, less friction as a result and stronger manhood and womanhood?

OUR BODIES ARE MADE UP OF CELLS

I. The Proteins—eggs, milk, lean meat, fish, cheese, peas, beans, lentils, and some nuts—furnish the material out of which these cells are built.

II. The Ash or Mineral matter found in green vegetables, fruits, and salads furnish the cell-salts, which when united with the proteins, make the chemical changes that must be made to keep an even balance or health in the body. If the body is burned the ashes that are left contain these inorganic cell-salts—iron, magnesium, potash, lime and silica.

The operations of the daily process of body-building may be likened to a brick structure. The bricks and mortar represent the proteins, sugars, and fats—organic material out of which the house is built. The inorganic salts of iron, lime, magnesium, potash, found in green vegetables and fruits, represent the brick masons that build the house. The organic material inactive without the aid of inorganic or cell-salt material to make the proper chemical changes in the body.

Different kinds of cells build up different tissues and organs of the body, hence different cell-salts or mineral salts are needed for the organs and tissues.

(1) The mineral salts needed for nerve cells are magnesium, potash, soda and iron, and are found largely in vegetables, grain and fruits.

(2) The mineral salts needed for nerve cells are lime, magnesium and potash and are found in fruits and grains.

(3) The mineral salts needed for muscle cells are magnesium, potash and iron and are found in green vegetables, fruits and grains.

Iron is found in: Spinach, dried beans, peas, whole wheat, meat egg-yolk, prunes, raisins.

Calcium is found in: Milk, dried beans, dried peas, celery, cabbage, parsnips, citrus fruits.

Magnesium is found in: Meat, peas, beans, milk and prunes.

Potassium is found in: Potatoes, parsnips, cabbage, turnips, apples.

Phosphorus is found in: Meat, milk, egg-yolk, whole wheat, dried peas, dried beans.

III. Carbohydrates and fats. Another class is that which is represented by sugars, starch and fat, sometimes called carbohydrates and fats. These foods are the heat and energy foods or activity foods. They are needed at all seasons, but in cold weather they should predominate.

The fats are butter, cream, fat meats, egg-yolk and vegetable oils.

The sugars are sugar, candy, honey, molasses, rice fruits.

The starches are found in cereals, and starchy vegetables as Irish and sweet potatoes, dried peas and beans, wheat, oats, rice, rye, oatmeal, etc.

A Common Sense Method of Balancing Meals.

A common sense method in the distribution of the different kinds of food will enable an intelligent housewife to feed her family well, if not wholly scientifically. In our daily dietary we should have one part of tissue or cell building foods, to five or more parts of the heat, energy and mineral foods. In other words, one part lean meat, or its equivalent, to four or more parts of bread, butter and potatoes, with the green foods and water in addition. For example, if a roast of beef in the

LAXATIVE FOR OLD PEOPLE—"CASCRETS"

Salts, Calomel, Pills, Act on Bowels Like Pepper Acts in Nostrils. Get a 10-cent box now.

Most old people must give to the bowels some regular help, else they suffer from constipation. The condition is perfectly natural. It is just as natural as it is for old people to walk slowly. For age is never so active as youth. The muscles are less elastic. And the bowels are muscles. So all old people need Cascrets. One might as well refuse to aid weak eyes with glasses as to neglect this gentle aid to weak bowels. The bowels must be kept active. This is important at all ages, but never so much as at fifty.

Age is not a time for harsh physics. Youth may occasionally whip the bowels into activity. But a lash can't be used every day. What the bowels of the old need is a gentle and natural tonic. One that can be constantly used without harm. The only such tonic is Cascrets, and they cost only 10 cents per box at any drug store. They work while you sleep.

A COMPARISON IN DIPLOMACY

It is interesting to compare the manner in which the Wilson Administration is handling the situation with the treatment accorded by a Republican President to a less delicate diplomatic tangle, that which grew out of Spain's treatment of Cuba and the incidents leading up to war after the sinking of the Maine. Although trouble with Spain loomed large at the time he assumed office, President McKinley, in pursuance of a political deal, named as his Secretary of State a man already suffering from senile decay and incapable of serious mental exertion. This incapacity of John Sherman was notorious at the time—he was 74 years old and held office little more than a year—and made it necessary to transfer the duties of his post to his assistant, William R. Day, now a Justice of the Supreme Court. Mr. Day was entirely unversed in diplomatic matters, but, fortunately for the country, was a man of common sense, and the issues involved were so comparatively simple that he was able to avoid any serious errors. It was a risky experiment, however, and revealed the typical happy-go-lucky American style of doing things. Incidentally it was a striking commentary on the Republican pretense of superiority in the handling of foreign questions.

From the character of the notes sent from Washington to Germany and England it is clear that a master hand has penned them. They measure fully up to the best traditions of American statesmanship and are models of their kind. The impression they have made is no less remarkable in this country than abroad. America's interests have never been in safer hands than in those now guarding them.—Philadelphia Record.

A bill passed by the recent Legislature provides for three recorder's courts in the Grand county, one each at Hamlet, Rockingham, and Elberton.

MOTHER! THE CHILD IS COSTIVE, BILIOUS

Look, Mother! If Tongue is Coated Give "California Syrup of Figs."

No matter what ails your child, a gentle, thorough laxative should always be the first treatment given.

If your little one is out-of-sorts, half-sick, isn't resting, eating and acting naturally—look, mother! see if tongue is coated. This is a sure sign that its little stomach, liver and bowels are clogged with waste. When cross, irritable, feverish, stomach sour, breath bad or has stomach-ache, diarrhoea, sore throat full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated poison, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again.

Mothers can rest easy after giving this harmless "fruit laxative," because it never fails to cleanse the little one's liver and bowels and sweeten the stomach and they dearly love its pleasant taste. Full directions for babies, children of all ages and for grown-ups printed on each bottle.

Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs;" then see that it is made by the "California Fig Syrup Company."

the same tissue building materials, as chicken or turkey, but we should serve Irish potatoes with it, because beef, being rich, coarse protein, calls for a rich, heavy carbohydrate, or starch, and the same is true of the green vegetable. The coarser, heavier ones are chosen to accompany beef and potatoes, as cabbage, turnips, kale, beets, etc.

On the other hand, chicken or turkey, being lighter in flavor and texture and a more delicate protein, calls for rice in the starch group, and the more delicate green vegetables, as asparagus, green peas, celery, cucumbers, tomatoes.

Mutton, for the same reason, calls for potatoes, turnips, or cauliflower, with Chili or Caper sauce.

Lamb, being less mature and more delicate than mutton, calls for pear and tomatoes, mint sauce (delicate).

Wild Duck calls for sweet potatoes and tomatoes.

Game calls for honey, in croquettes or squares, and asparagus.

Opossum calls for sweet potatoes and tomatoes.

Venison—the same as beef, with currant jelly.

Watercress—apple sauce, mashed potatoes, watercress.

Clear Soup is a stimulant, served before a heavy meal to bring the blood to the stomach and cause the flow of the digestive juices.

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BREATHE FRESH AIR DAY AND NIGHT

Breathe all the fresh air you can get, night and day. That's what fresh air is for. The fearsome legend about the baleful influences of "night air" is only another of the carefully nursed insidious bequests from our ancestors, according to Senior Surgeon Banks, of the United States Public Health Service.

Whence this superstition arose may only be surmised. Perhaps it is a survival of the primeval cult of Sun worship, which led the ancients to classify anything outside the sphere of solar influence. Our forebears were wont to caution their offspring to "be careful about the night air" or children were ordered to "come in out of the night air." It is perhaps fortunate for the children living in the Arctic circle, where the nights are six months long, that the Esquimaux mothers do not entertain this crude notion about night air, else their progeny would spend half the year indoors.

This idea is generally prevalent and even one of our well known flowers is loaded down with the horrible name of "Deadly Nightshade" as a sort of verbal relic of this old notion. The lowly mist or fog that sometimes gathers about the surface of the earth, under certain atmospheric conditions, after sunset, was held, is held, to be "miasmatic" and pregnant with lethal possibilities. This is worthy of all the respect that should be put to any hoary superstition, but its place is in the specimen jars of an archaeological museum, not in the show room of modern intelligent life.

The night air, minus the sun, is not different from the atmosphere of a sunless day. The atmospheric envelope of the earth does not change from benign to malign in the twinkling of an eye after sundown. It is still composed of nitrogen, oxygen, argon, carbon dioxide in the normal proportions for the given locality. The open air treatment of tuberculosis and its kindred allies had first to combat this venerable jargon about the deadliness of night air, and only the remarkable results of this hygienic aid to its cure brought the superstitious to a realization of the silliness of their ingrained noctophobia.

This generation has witnessed the emancipation of human beings in regard to the value of fresh air, whether in bulk or in smaller drafts. From being a people immersed in hermetically sealed rooms at night, breathing their own bodily exhalations over and over again, a constantly increasing number of persons are sleeping in the open, or at least with open windows, summer and winter, to their great benefit. In the morning they are refreshed with the pure oxygen of the air breathed during sleep, not "stewed" nor "seedy" after eight hours spent in respiring and re-respiring second-hand and shop-worn air in a closed bedroom.

A story from the trenches in France is that a soldier went home to his wife to open her windows at night as he had found that the night air "didn't hurt one bit." That is the experience of all the advocates of this sensible custom—once tried, the old custom of sealing one's self in an air-tight bedroom is never renewed. Diseases which involve the lungs can usually be traced to their beginning in poorly ventilated sleeping apartments, inside rooms that do not have a share of the atmosphere. Nothing can live long or well without oxygen in the air, and it was given to us for breathing, night and day, not to be taken sparingly as if it were a dangerous potion. Some people are actually afraid of ordinary, common air.

The emancipated persons who open their windows at night will tell you, unanimously, that they cannot breathe in a chamber unless the window is raised, their sense of comfort and vigor demands the life giving qualities of fresh air. No greater prophylactic advice can be promulgated than to breathe all the fresh atmospheric air you can get, night and day.

In the census year, 176,630 acres of land in Orange county were uncultivated.

The Liberty Bell, of Philadelphia, after being silent for 75 years, was heard again a few days ago, not only in Philadelphia, but also in San Francisco, 3,000 miles away. The bell had been connected with the distant city by telephone wires, and the sound took less than one-fifteenth of a second to cross the continent. This was the opening of the Bell company's through telephone service between San Francisco and Philadelphia.

GIRLS! STOP WASHING THE HAIR WITH SOAP

Soap Dries Your Scalp, Causing Dandruff. Then Hair Falls out—Try This Next Time.

After washing your hair with soap always apply a little Danderine to the scalp to invigorate the hair and prevent dryness. Better still, use soap as sparingly as possible, and instead have a "Danderine Hair Cleanse." Just moisten a cloth with Danderine and draw it carefully through your hair, taking one strand at a time. This will remove dust, dirt and excessive oil. In a few moments it will not only be clean, but it will be wavy, fluffy and abundant, and possess an incomparable softness and luster.

Besides cleansing and beautifying the hair, one application of Danderine dissolves every particle of dandruff; stimulates the scalp, stopping itching and falling hair. Danderine is to the hair what fresh showers of rain and sunshine are to vegetation. It goes right to the roots, invigorates and strengthens them. Its exhilarating and life-producing properties cause the hair to grow long, strong and beautiful.

Men! Ladies! You can surely have lots of charming hair. Get a 25 cent bottle of Knowlton's Danderine from any drug store or toilet

CARE OF FOODS

George W. Perkins, chairman of the Mayor's food supply committee, New York, has recently issued a pamphlet, giving some valuable suggestions as to the care of foods. The pamphlet says: "A food may contain sufficient nourishment to give it much value and yet if proper care is not taken of it, the food may become poisonous."

Food is often contaminated by being exposed to impure air, and to dust and other filth from unclean streets and surroundings. Such food will often produce disease.

Mr. Perkins says the food may be divided into three classes, first, foods that spoil easily—milk, cream, uncooked fish, uncooked meat, certain fruits, such as peaches and plums, and vegetables that will wilt easily; second, foods that do not spoil so easily—eggs, butter, fruits, such as apples, oranges and lemons, cooked meat, and cooked, salted and smoked fish; third, foods that can be kept a long time with proper care—flour, sugar, salt, coffee, tea, spices and chocolate.

Milk and cream should never be left uncovered or it will take up the odors and flavors from other food, thus becoming spoiled for table use. Cooked meat should be taken from the wrapper in which it is bought and wiped off with a clean cloth that has been wrung out in cold water, after which it should be wrapped in waxed paper until it is ready for cooking. Uncooked fish should never be placed in an ice box unless closely covered. Vegetables that are to be eaten raw should be dipped quickly in boiling water to destroy germs, and then put in cheesecloth to preserve their crispness.

Butter should be kept well covered in a cool place. Warm meat or warm food of any kind should be cooled off before it goes into an icebox or it will cause the ice to melt rapidly. Canned stuff must never be allowed to stay in the can after it is opened or sickness may result from eating. Canned goods will taste much better, too, if the contents of the can are emptied and allowed to stand for an hour to get the air before being cooked. Cheese should be kept in a cool, dry place, wrapped in a clean cloth moistened with vinegar to prevent the formation of mould.

"The bread box," Mr. Perkins says, "should be scalded with hot water frequently and then dried and aired well before the bread is returned to the box."

THE CARPATHIAN MOUNTAINS

The Carpathians, which have recently been the scene of terrible battles from nearly the entire boundary of Hungary east and north of the Danube for a distance of about 800 miles. They have long served as a protection to the people living in the Hungarian plain as a defense against hostile neighbors to the north and east, as troops approaching along the convex mountain sweep face the least favorable passes and also suffer severely from the biting winter. These mountains have had a marked influence on the climate of Hungary, turning back the bleak winds that blow across the Steppes from the ice fields of the north; and again in summer, catching the warm southern breezes and breaking them over the Hungarian hillsides.

These mountains attain their greatest heights near the centre of the ranges, some near Cracow, the chief city of Austrian Galicia, being more than 8,000 feet high. Some of the most miserably poor white people in the world, mostly Slavs, live along the range. The Carpathians are richer in metallic ores than any other mountains in Europe, though many of the wilder parts have not been thoroughly prospected.

OTHER FELLOW'S MONEY

The Many People Who Live on the Money of Others.

The Wadesboro Ansonian found the following and passes it along as worth while, which it is:

"How many people in this community are living on their own money?"

If the question was put to each person individually he unquestionably would answer that he is living on his own funds.

But are we really living on our own money?

Let's dig down under the surface and see what we find.

For sake of argument, I will assume that you are running a grocery store with the grocer, and the possibly other merchants.

You pay, of course, but perhaps you make settlements only every 90 days. Some even pay their bills only twice a year.

Now was it your money that paid the wholesaler for the goods you are using and for which you have not paid, or was it the merchant's?

And if it was the merchant's as you have not paid him, is it your money you are living on until settlement day, or is it his?

We contend that fully one-half the people are living from day to day on other people's money, and by doing so they are themselves directly contributing to the present high cost of living.

Now control your rising anger for a moment and we will humbly endeavor to show you why you are keeping prices up.

The average mercantile stock costs several thousands of dollars and it must be paid for in cash or the merchant must obtain a line of credit from the wholesaler. And when he buys his goods on credit he pays a higher price for them.

In turn you buy your goods from the merchant on credit and he in self-defense must add still another additional "safety" profit. In other words, he must charge more than a cash price in order to protect himself from the certainty of loss consequent upon slow collections, bad debts and other annoyances.

Thus two "safety" profits are added to the original selling prices of the articles.

Do you see how it works—how the price is boosted?

If every customer paid spot cash for his goods the merchant in turn could do the same with the wholesaler, thereby securing from the lat-

Think of It! \$3000!

From March 6th to April 6th, 1915, I will offer for CASH at and below cost \$3000 worth of good merchandise.

Overcoats, Rain Coats, Odd Coats, Hats, Caps, Clothing, Shoes, Ladies' Ready-to-Wear Garments, Laces, and Other Articles.

During this sale I will sell any article in my store at a reduction. Everything at and below cost will be marked in Red Letters. One price to one and all.

Don't forget the date and place, commencing Saturday, March 6th to April 6th, at my Cash Store,

W. W. JONES,
Depot Street, Asheboro, N. C.

What You Can Buy at the Rexall Drug Store AND THE Standard Drug Comp'y

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| Vick's Croup Salve 25c | Powder at reduced prices. |
| Brame's Croup Salve 25c | Rexall Ko-Ko-Kao-Kets. 25c |
| Scott's Emulsion 50c | Rexall Headache Tablets, 30 |
| Dr. King's New Discovery 50c | Rexall Little Liver Pills 10c box |
| Rexall Cherry Bark Cough Syrup 25c | Rexall Emulsion of Cod Liver Oil \$1.00 |
| Rexall Olive Oil Emulsion \$1.00 | Minard's Liniment, the best. 25c |
| Scott's Emulsion 50c | Lax Fos 50c |
| Tooth Brushes 10c to 25c | Livertone 50c |
| Hair Brushes 25c to \$2.50 | Thacher's Blood and Liver Syrup 50c |
| Cloth Brushes 25c up | Simmons Liver Regulator 25c |
| Scrub Brushes 5c to 25c | Nyal's Liver Regulator 25c |
| Nail Brushes 10c to 25c | Black Draught 25c |
| Testaments 25c | St. Joseph Liver Regulator, 25c |
| Bibles \$1.00 up | Talcum Powder, 25c brands |
| Books (standard authors) 50c | selling at only 5c |
| Fountain Syringes \$1.00 to \$2.50 | Big line of toilet goods at |
| Bulb Syringes 50c to \$1.00 | popular prices. |
| Letter Files 25c | We call special attention to |
| Toilet Paper 5c and 10c | our line of chamois skins 5c, 10c and 25c. |
| Dean's Cough Drops 5c | Fine quality of pound paper and envelopes to match. |
| Smith Bros. Cough Drops 5c | Correspondence cards and envelopes to match (gilt edge), 25c box. |
| Hoarhound Drops 20c | Fountain pens \$1.00 and up. |
| Rexall Wine of Cod Liver Oil \$1 | Ink, pencils, stationery, the best to be had. |
| Rexall Sarsaparilla Tonic 50c | |
| Trusses \$1.00 up | |
| Plasters, all well known brands. | |
| Dr. Hess Stock Food 25c, 50c, \$1 | |
| Dr. Hess Poultry Food 25c | |
| Dr. Hess Worm Powder 50c | |
| Dr. Hess Heave Cure 50c | |
| Magic Stock and Poultry | |

WE APPRECIATE YOUR PATRONAGE AND INVITE YOU TO CALL TO SEE US.

FOR SALE!

One Celebrated Spanish Jack, 7 years old, 15 hands high, black, with mealy points. Has a very heavy bone and the largest ears I ever saw. He is an extra large, fine Jack, sired by the celebrated Starlight, of Nashville, Tenn. His dam was an extra fine native Jennet, sired by Governor Holt Jack, imported from Spain in 1892.

One bay mule, 10 years old, weight 1200 lbs. Splendid mule. One 2 year old black mule, brown nose; this is an extra good, large mule. One Belgian horse colt, 4 months old, an extra fine colt. Eight head young Jersey and Guernsey cows. Will be fresh from March 15th to April 15th. A fine lot of cattle.

W. A. WOOD, Millboro, N. C., Route 1.

Plant Improved Seed Corn

and thereby greatly increase your yield. I have a lot of Wood's Improved Prolific, field selected, for sale at \$2.00 per bushel. This corn is stored at the Randolph Supply Company's Store and the County Home. Buy your seed for this Spring before the supply is exhausted.

R. J. PIERCE,
County Home, Asheboro, N. C., R. F. D. No. 2.

CHEAP IN PRICE BUT HIGH IN QUALITY

is the kind of groceries I carry. I buy the freshest stock to be found and give the best service possible, with fair treatment to all. You are cordially invited to trade with me. Highest prices paid for country produce.

C. C. KIME, South Asheboro.

ter a discount for cash of possibly 7 1/2 to 10 per cent.

And then the merchant himself would not be required to add the "safety profit" to his goods, which would mean another substantial reduction in the price of the article, and all because of the simple expediency of handling the cash over the counter.

Now doesn't it look as though this practice of living on other peoples' money is costing us considerably

more than we are justified in paying for such doubtful privilege? It might require some slight inconvenience and a little temporary retrenchment in order to change over to a cash system but if a merchant made you a few offer of a 15 or 20 per cent discount for cash, you would jump at the opportunity.

Doesn't it appear to be to the advantage of everybody in this community to wig out the baneful credit system and pay and sell for cash?