

### SOM. SURVEY OF RANDOLPH COUNTY, NORTH CAROLINA

Experts Find Many Soils Deficient in Humus and Urge the Plowing Under of Green Crops and Use of Barnyard Manure. Recommend Stock Raising as an Industry and as a Source of Supply of Needed Fertilizer.

Washington, D. C. March 9.—According to the report on the soil survey of Randolph county, N. C., recently made by the Bureau of Soils of the U. S. Department of Agriculture in co-operation with the North Carolina Department of Agriculture, many of the soils of the county are deficient in humus and consequently do not yield as good crops as they would if green manure crops were plowed under and barnyard manure used more freely. The soil specialists state the best results with crop rotations would be had where rotations are so arranged that clover or cowpeas can be turned under at the time of breaking the land, and where a liberal application of lime is made either immediately before or immediately after breaking. The manure, they believe, could be secured and at the same time a profitable industry instituted, if stock raising were more generally practiced. The stock raising industry, they believe, offers excellent opportunities because the soils of the greater part of the county are well suited to the production of corn, clover, and small grains. The barnyard manure obtained from the stock would make the soils capable of producing better clover and grain crops each year.

The turning under of such crops as clover, cowpeas and rye and the addition of barnyard manure would, they believe, be decidedly beneficial in the case of the Cecil coarse sandy loam, a brownish gray to reddish brown, because coarse sandy loam with a red, stiff clay subsoil. This soil is well suited to corn, cotton, sweet potatoes, and vegetables, and on it apples and peaches are grown for home use. The yields of wheat, oats and clover are low.

The Cecil fine sandy loam, which is well suited to the production of a number of crops, the report says, is a strong soil but a large part of it is in poor condition, owing mainly to the depletion of humus through the removal of vegetable matter and because of the practice of shallow plowing. The soil, which is at present devoted chiefly to corn, wheat, oats, cowpeas and clover, is also well suited to cotton, sweet potatoes, Irish potatoes, and garden vegetables.

Similarly, the Cecil clay loam, one of the most even surfaced soils of the county and probably its strongest, has many areas which are low in humus and need deep breaking, plowing under of green crops, and liming. This soil, when properly treated, is admirably adapted to the production of corn, wheat, oats, clover and cotton, the yields of the latter being 1/2 to 1 bale per acre.

The Cecil clay is somewhat difficult to till, but requires the same treatment as the other Cecil series. This soil is adapted to the production of corn, wheat, oats, clover and grasses.

The lack of humus also affects a number of the Durham soils, which are characterized by the grayish color of the surface and yellow color of the subsoil. The Durham coarse sandy loam is deficient in humus and if clover or cowpeas are plowed under, corn, wheat, oats, and cotton will show a decided increase. This soil is also adapted to the production of bright yellow tobacco, and on it Irish potatoes, sweet potatoes, sorghum, peanuts, apples, peaches, grapes and garden vegetables do well, although these are grown only for home consumption. The Durham sandy soil, which is excellent for bright tobacco, sweet potatoes, cantaloupes, watermelons, Irish potatoes, and cucumbers, is in many instances in a low state of cultivation, largely owing to the fact that it has been greatly depleted of humus and needs the plowing under of rye, clover and cowpeas, or the addition of barnyard manure.

The greater part of the Durham fine sandy loam is also low in humus. This soil, in other parts of the State, has proved to be well adapted to the production of tobacco and cotton, though in Randolph county at present only a small acreage is devoted to these crops.

Where the Durham fine sandy loam is used for tobacco an acreage application of 200 to 800 pounds of a 9-6-3 or 10-4 fertilizer is made, and the yields range from 600 to 1,000 pounds per acre. For corn, applications of 150 to 200 pounds per acre of an 8-2-4 mixture are made. Yields of 10 to 40 bushels per acre are obtained. Cotton produces from one-third to one bale per acre, with about the same fertilizer treatment as is practiced with corn. The greater part of this type is low in humus.

On other soils, such as the Georgeville silt loam, the planting of clover is recommended on the more rolling lands and hillides, to prevent washing, and to furnish pasturage for cattle. This soil yields from 15 to 45 bushels of corn per acre, averaging about 20 bushels; 5 to 20 bushels of wheat, 20 to 35 bushels of oats, and 1-3 to 2-3 of a bale of cotton. The yields of cotton on this type are considerably decreased by the early frosts, which prevent the full maturity of the crop.

The Georgeville silty clay loam, which is well suited to the production of corn, wheat, oats and clover, is another soil which needs deep breaking, the addition of humus, and liming. It is a strong soil, easily built up to a high state of productivity, but on account of its heaviness, it has a tendency to clog, especially if plowed when moisture conditions are unfavorable.

The Alamance silt loam, which consists of a smooth, mellow, light gray to almost white silt loam, is for the most part in poor physical condition. It is decidedly deficient in humus, and in the poorly drained spots is liable to be acid. In such spots, liming and drainage are necessary. It is used principally for growing corn, wheat, oats, cowpeas and clover.

The Iredell sandy loam, a gray to

brownish-gray light sandy loam or loamy sand, is well adapted to the production of tobacco, corn, cotton and sweet potatoes.

With an average application of 150 to 200 pounds of an 8-2-2 fertilizer, corn yields an average of 25 bushels per acre. For tobacco the most successful farmers apply 400 to 800 pounds per acre of a 9-6-3 or 6-4-4 mixture and obtain yields of 600 to 1,000 pounds per acre. Cotton is not extensively grown on this type, but where the soil is devoted to this crop about 200 pounds per acre of an 8-2-2 fertilizer is applied and the average yield is one-half bale per acre. Of the mineral fertilizers kainit and phosphoric acid give best results. The former largely prevents the rusting of cotton and the freckling of corn, while the latter has a tendency to hasten the maturity of crops and to increase the yields of fruit.

The Iredell loam, locally called "pipe-clay land," is especially suited to the production of wheat, oats and grasses. It is used principally, however, for corn, wheat, cotton and clover. Liberal applications of kainit are needed to prevent the freckling of corn and the rusting of cotton, as in the case of other Iredell soils.

The Congaree silt loam, typically a brown or chocolate-colored silt loam, is commonly subject to overflow during heavy freshets, which delays tilling in the spring. The soil is especially adapted to the production of corn. The fine sandy loam areas are well suited to watermelons.

Wheat, oats and grasses do well, but owing to the overflows and the fact that most of this soil is used for corn, it is not often utilized for these crops. The report of the soil survey, of which the foregoing is a brief summary of some of the more important points, consists of 34 printed pages and a large map showing the location of the different types of soil, also the roads, streams, churches and schoolhouses of the county. The survey covers an area of 740 square miles, or 479,260 acres. It deals with the character, treatment, and suitability for different crops of the 15 soils found in the county. Of these, the Georgeville silt loam, with 122,800 acres, is the first in point of area, with the Alamance silt loam and the Georgeville silty clay loam second and third, with slightly over 65,000 acres each.

The report, in addition to its discussion of soils, deals with the climate, the transportation and other facilities of the county. After dealing with the early history of farming and industry in the county, the report further says: "Dairying is not practiced in the county. One or two milk cows, which furnish milk and butter for home use, are kept on each farm. Each farmer raises hogs to supply pork and lard for home use, and some pork is sent to local markets. However, large quantities of pork and lard are shipped into the county for use in the towns. Poultry raising is of considerable importance and this industry is growing.

Although the agriculture of Randolph county has shown remarkable progress during recent years, there is still room for improvement in the methods generally practiced. In the preparation of the land for wheat repeated deep breakings followed by a series of harrowings have become the general rule rather than the exception, owing to the better results obtained. Land intended for other crops is also broken deeply in late summer or early fall and allowed to absorb the winter rains. Best results with crop rotations are had where the rotations are so arranged that clover or cowpeas can be turned under at the time of breaking the land and where a liberal application of lime is made either immediately before or immediately after breaking.

RANDOLPH CORN CLUB BOYS Randolph county has twenty boys enrolled for the year 1915. The list is as follows: Earl Cox, Seagrove, No. 2. Ralph Cox, Ramseur, No. 1. Earl H. Furr, High Point, No. 3. David M. Holladay, Franklinville, No. 1. Fred P. Jarvis, Mars Hill. Reece Kearns, Martha. Tom Kearns, Bombay. Carl C. Lassiter, Mechanic. James A. Ledwell, Trinity, No. 1. Willard Loftin, Sol. Ernest Macon, Climax, No. 1. Allen McDaniel, Asheboro, No. 3. Edward A. Morgan, Farmer. Boyd Rightzell, Ramseur, No. 2. Walter Rightzell, Ramseur, No. 2. John T. Skeen, Fullers, No. 1. William D. Skeen, Fullers, No. 1. Dewey Slack, Seagrove, No. 1. Walter Tilman, Asheboro, No. 3. J. M. Forrester, Ramseur, No. 2. The total enrollment in the State is 2,032. Wake county leading with 106 members.

GIRLS! GIRLS! TRY IT, BEAUTIFY YOUR HAIR

Make it Thick, Glossy, Wavy, Luxuriant and Remove Dandruff—Real Surprise Awaits You.

Your hair becomes light, wavy, fluffy, abundant, and appears as soft, lustrous and beautiful as a young girl's after a "Danderine hair cleanse." Just try this—moisten a cloth with a little Danderine and carefully draw it through your hair, taking one small strand at a time. This will cleanse the hair of dust, dirt, and excessive oil, and in just a few minutes you have doubled the beauty of your hair.

Besides beautifying the hair at once, Danderine dissolves every particle of dandruff; cleanses, purifies and invigorates the scalp, forever stopping itching and falling hair.

But what will please you most will be after a few weeks' use when you will actually see new hair—fine and downy at first—yes—but really new hair growing all over the scalp. If you care for pretty, soft hair and lots of it surely get a 25 cent bottle of Knowlton's Danderine from any drug-gist or toilet counter and just try it.

### KEEPING BOYS AND GIRLS STRONG AND HEALTHY

The Metropolitan Life Insurance Company has issued a valuable bulletin concerning the care mothers should take to keep their school-children strong and healthy. Both the children's successful work at school and their future manhood and womanhood depend much on their food, clothing, rest, out-door exercise and other matters of hygiene.

Children need more sleep than grown people. All under ten years of age should go to bed not later than eight o'clock, at a regular hour; and unless sick, should rise in the morning as soon as awake. Windows should be open at night, winter and summer, as fresh air is the best protection against disease. Young children should never sleep on high pillows as their bones are soft and likely to stay in the particular shape in which they are bent.

School children should be fed at regular hours with plain food that is easily digested, and should eat little between regular hours. They are not ready to eat everything that grown people eat.

No child should be allowed to go to school in the morning until the mother sees that it has had a bath, its hair combed and teeth brushed. There should be a daily movement of the bowels, and the child will be much more comfortable and do better work if this is done in the morning before leaving for school.

After school, the child should be allowed to spend the daylight hours outdoors in play, in the dooryard if there is one; in a nearby park or playground if the home has no grassy yard. If there are lessons to be prepared, this work should be done just after the evening meal, and the children should not play outdoors except in the summer.

The eyes of school children require careful attention. Reading with the light shining directly in the eyes, or in the position book is held in, is injurious to the eyes. When a child is seen to hold his book very near the eyes in order to see clearly or if the eyes are watery or red it is time to consult an eye doctor. Neglect of the eyes may be followed by blindness, and a child's inability to see what is written on the blackboard may cause him to appear dull.

If glasses are thought to be necessary, do not go to a department store and purchase a pair from a person who only cares to make the letters appear large when the child reads, but who knows nothing really about the nature of the eye. Rather, go to an oculist, who knows his business. Washing a child's eyes with boracic acid solution will prevent trouble when the child has a cold.

Desks and chairs at school should be of the child's size, according to the sizes of the children, to prevent their sitting in cramped positions and acquiring curvature of the spine or other deformity.

If a child breathes with his mouth open, it is often a sign that growths called adenoids, are growing behind his nose. Children with adenoids often speak indistinctly, snore when asleep, seem mentally dull, catch diphtheria more easily, and have more severely than other children. Any physician will explain how these unnatural growths may be removed. Children's ears should be frequently cleaned with a little piece of soft moist cotton, wound around a match, followed by a dry piece. The same piece should not be used twice or put from one ear into the other.

Every child should be provided with a clean handkerchief daily, two children never using the same handkerchief. People with poor teeth cannot chew food well and therefore suffer from indigestion. The child should be trained to brush the teeth every morning and evening, using warm water, neither very hot nor cold, as this will injure the enamel or hard covering of the teeth.

Frequent bathing in summer helps to avoid prickly heat, keeps the body cool, and brings healthful sleep. A warm bath with a little sponging off with cold water is the thing for the child. The hands and face should be washed before each meal to keep disease germs out of the food and mouth.

The head should be carefully washed at least once in two weeks with soap and warm water. Keeping the head clean keeps away dandruff, and of course will prevent the growth of lice. After washing head, all soap should be carefully rinsed out and the hair allowed to dry well before combing. The best time to wash the head is at night. It should be carefully dried before the child goes to bed. If the child's head has in some way, at school or otherwise, become infected with lice, it is necessary to remove them at once, or they will spread very quickly and cause a sore head. For boys the quickest treatment is to have the hair cut closely, the head carefully washed and a little tincture of kerosene applied to kill the vermin.

If any slight skin eruption appears on the child it is a bath or laxative does not take it away, the doctor should be consulted. It may be some unpleasant skin disease that will keep the child out of school, and a little careful attention immediately may avoid years of trouble.

A child should not be allowed to go to school on wet days without rubbers and an umbrella. The coat is saved many times over as a result of the lessened amount of illness. A child who spends several hours with wet or damp shoes on will nearly always show symptoms of sore throat soon after. The shoes and stockings should be changed immediately on entering the house, and the feet thoroughly dried if they are in any way damp.

The clothing of school children should be light but warm. Garments of pure wool shrink and are not economical. Things made of cotton and wool are less expensive and wear better. Wool absorbs perspiration and does not allow the skin to become cold as easily as cotton underclothing. After a child runs or is playing hard outdoors and perspires a great deal, his warm underclothes help to prevent him from catching cold. If a sweater is used, it gives better protection if covered with a coat than if it is worn

### MOTHER! IS CHILD'S STOMACH SOUR, SICK?

If Cross, Feverish, Castigated, Give "California Syrup of Figs."

Don't scold your fretful, peevish child. See if tongue is coated, this is a sure sign its little stomach, liver and bowels are clogged with sour waste. When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally has stomach-ache, indigestion, diarrhoea, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul waste, the sour bile and fermenting food passes out of the bowels and you have a well and playful child again. Children love this harmless "fruit laxative," and mothers can rest easy after giving it, because it never fails to make their little "innies" clean and sweet.

Keep it handy, Mother! A little given today saves a sick child tomorrow, but get the genuine. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Remember these are counterfeits sold here, so surely look and see that yours is made by the "California Fig Syrup Company." Hand back with contempt any other fig syrup.

### SUPPORT THE LOCAL PAPER

One of our most prominent business men gives the editor an appreciative view of the home newspaper, from which we make the following extract:

"Many a good town isn't worth a cent because the local newspaper is neglected. Many a good merchant center is dead because the men in business treat the editor of the newspaper as an object of charity. This is wrong. The local paper is the greatest thing in the community. It should be supported. The merchants who think they are clever and smarter when they slip one on the local paper make a big mistake. Every dollar you take away from the local newspaper in schemes and knocks hurts the town. It hurts the merchants who indulge in it.

"Whatever else you merchants do patronize your home paper. Don't tell me that it has a small circulation. Don't tell me that you reach ten times as many people using circulars, or slides at moving picture shows. Don't apring any of those time worn gags on me at all. Stop standing in your own light. Get behind the local paper and push it for all you are worth. I don't mean push it to the wall. Push it up grade to a position where it ought to be, and as sure as you are alive you will push your own business up with it to a point you never dreamed of before.

"When a man tells me that he reaches more people and gets better results from his circulars, or other advertising, rather than his local paper, I know that he is deceiving himself and telling me what I can prove to be untrue. A local newspaper in the community is read by the people. They learn to watch for it, and when they get it every member of the family wants his turn to see what it says. Ads and all are read. If the merchants of a community will educate the people to look in the local newspaper for their announcements the people will read the paper more and greater will be the returns.

"There is no alley so long but that it has its ash barrels, and there is no knock so powerful or subtle but that it reaches. Do yourself a favor and keep up your end by supporting the local newspaper, and support it for as much as you are worth.

It can be added that whatever the local papers do to help their city or town is of benefit to every business man therein.—Exchange.

### IT MUST BE TRUE

Asheboro Readers Must Come To That Conclusion.

It is not the telling of a single case in Asheboro, but a number of citizens testify. Endorsement by people you know bears the stamp of truth. The following is one of the public statements made in this locality about Doan's Kidney Pills:

S. W. Pressnell, S. Fayetteville St., Asheboro, says: "I used to have bad spells with my back and my kidneys acted too freely at times, then again they were congested. I felt restless and nervous and had dizzy spells. I have taken Doan's Kidney Pills off and on for ten years, when I have had these attacks and have always found them just as represented, getting quick relief. When a cold affects my kidneys, Doan's Kidney Pills never fail to help me right away." Price 30 cents at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Pressnell had. Foster-Milburn Co., Props., Buffalo, N. Y.

### CARD OF THANKS

I wish to thank one and all for the kindness shown me and my much-loved husband during his sickness and death. May God bless every deed and kindness shown, and especially the ones who did all loving hands could do for him. But God said: "It is enough come up higher."

MRS. A. B. STEEL.

alone. Sweaters or other knitted garments worn outdoors, and scarfs or mufflers, should never be worn in the house. They do not give proper protection outdoors if they are worn indoors. Girls can wear different weights of wash dresses throughout the school, if they, too, have the protection of warm underclothing fresh-waters to ankles.

Shoes for growing children should fit comfortably and should not be worn after they are too tight. Laced shoes give the support for the ankles. When the children grow up to be men and women they are some times unable to walk because of the corns and bunions and even flat feet, that have caused by wearing poorly shaped or badly fitting shoes. The better grade of shoes usually keep in shape and last longer, and thus pay for themselves.

### CHRYSANTHEMUM SHOW AT RANDOLPH

The Ladies' Aid Society of the M. E. church, South, will give a chrysanthemum show at Randolph November 6, 1915, for the purpose of stimulating more interest in the growing of flowers and beautifying the home. The proceeds will go to swell the treasury of the Aid Society so that they may be able to supply the needs of the parsonage and help the worthy poor of our town.

The following prizes have been offered:

1. Largest bloom on potted plant, any variety—\$2.50 (or its value), Mrs. R. P. Deal.
2. Second largest bloom on potted plant, any variety—1 year's subscription to the Ladies' Home Journal, Mrs. A. B. Beasley.
3. Best collection of plants, eight or more kinds—Randolman Store Company.
4. Second best collection of plants eight or more kinds—Rug, Mrs. G. W. Elliott.
5. Third best collection of plants, eight or more kinds—1 dozen hose, Mr. A. N. Bulla.
6. Largest three or more blooms on potted plant, white—\$1.00, Mrs. S. G. Newlin.
7. Second largest three blooms on potted plant—Centerpiece, Mrs. Compton.
8. Third largest three or more blooms on potted plant, white—Center piece, Mrs. Charlie Dobson.
9. Largest three or more blooms on potted plant, yellow—30 inch centerpiece, Mrs. M. F. Hinshaw.
10. Second largest three or more blooms on potted plant, yellow—\$1.00, Mr. D. Sutcliffe.
11. Third largest three or more blooms on potted plant, yellow—Two brooms, Mr. S. A. Spencer.
12. Largest three or more blooms on potted plant, pink—Picture, Mr. E. P. Hayes.
13. Second largest three or more blooms on potted plant, pink—Embroidered Sideboard Scarf, Mrs. W. F. Talley.
14. Largest three or more blooms on potted plant, bronze—\$1.00, Mr. O. C. Marsh.
15. Second largest three or more blooms on potted plant, bronze—Rug, Mr. June Davis.
16. Largest three or more blooms on potted plant, red—Umbrella, Mr. S. W. Swain.
17. Second largest, three or more blooms on potted plant, red—1 pair Buster Brown Silk Hose—Dr. W. I. Sumner.
18. Largest, three or more blooms on potted plant, lavender, 1 pair Buster Brown Silk Hose—Dr. W. I. Sumner.
19. Best potted plant, ten or more blooms, Black Hawk—Dr. E. E. Wilkerson.
20. Plant with largest number most perfect blooms, any color, Silver Berry Spoon—Mr. W. R. Neal.
21. Plant with greatest number blooms, button variety, Box of Candy—Mr. Alvin Johnson.
22. Finest plant, ostrich plume variety, \$1.50 undershirt—Wagner Clothing Co.
23. Second finest plant, ostrich plume variety, Centerpiece—Mrs. W. T. Ferguson.
24. Largest bloom of Lillian Bird variety, 1 doz. pair Hose—Mrs. A. N. Bulla.
25. Best vase cut flowers, 6 or more, any color—Crocheted Centerpiece—Mrs. W. I. Sumner.
26. Second best vase cut flowers, 6 or more, any color, 50c. worth of sugar—Mr. W. G. Brown.
27. Best vase cut flowers, 5 or more, white, \$1.00, Mrs. A. M. Floyd.
28. Best vase cut flowers, 6 or more, yellow, Center piece, Mrs. Ethel Millikan.
29. Best vase cut flowers, 6 or more, pink, a prize, by Mr. S. E. Kirkman.
30. Best vase cut flowers, 6 or more, red—25c worth sugar—L. W. Lineberry.
31. Largest fern, can of coffee—Randolph Grocery Co.
32. Second best fern, two jars olives—Mr. J. A. Clapp.
33. Best pound cake, cut glass finger bowl—Dr. D. L. Fox.
34. Second best pound cake, center piece—Mrs. A. B. Beasley.
35. Best sugar cake, any kind, \$1.00—Mr. M. S. Sherwood.
36. Best black chocolate cake, center piece—Mrs. A. G. Johnson.

Rules Governing Cake Contest: The cake contest is for the young ladies of the town, and the cakes are to be contributed to the society and sold after the prizes are awarded.

Rules Governing Flower Show: All members of the Aid Society may enter as many plants as they wish free of charge. Any one not a member of the society will be charged 10 cents per plant entered.

All plants remain the property of the one entering them for contest.

### 10 CENT "CASCARETS" IS YOUR LAXATIVE

For Sick Headache, Sour Stomach, Sluggish Liver and Bowels.

Get a ten-cent box now. Put aside—just once—the Salts, Pils, Castor Oil, or Purgative Waters which merely force a passage way through the bowels, but do not thoroughly cleanse, loosen and purify these drainage organs and have no effect whatever upon the liver and stomach.

Keep your "innies" pure and fresh with Cascarets, which thoroughly cleanse the stomach, remove the undigested, sour food and foul gases, take the excess bile from the liver and carry out of the system all the constipated waste matter and poisons in the bowels.

A Cascaret tonight will make you feel great by morning. They work while you sleep—never gripe or sicken and cost only 10 cents a box from your druggist. Millions of men and women take a Cascaret now and then and never have Headache, Bloating, Severe Colds, Indigestion, Sour Stomach or Constipated Bowels. Cascarets belong in every household. Children just love to take them.

### HELPS FOR HOME-MAKERS

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

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

### THE CHILD'S DIET

At no time in life, perhaps, is the mind and body more needed than during childhood, while the frame is developing. These foods not only furnish nutriment for the bones and teeth; aid in making the chemical changes of growth, but they aid peristalsis or bowel movement, thus keeping the system clean.

To make this a little more practical, let us see what foods are found in the child's simple menu.

Diet From Two to Three Years. Milk, eggs, pulp of ripe, baked banana, baked pear, baked apple, cooked cereal, cream soups (home-made), such as cream of celery, rice, tomato, potato; the pulp of a few thoroughly cooked vegetables (puree), peas, asparagus, squash, corn. Orange juice and prune pulp are invaluable in the small child's dietary.

Simplicity in Feeding. Avoid too much and too many things at the same meal. From one to three articles are sufficient. Sweets, except natural sugars, are bad for children. Honey, pulp of prunes, and other sweet fruit, sponge cake and baked custards may be given.

Breakfast. I. Whole Wheat Mash. Whole Milk. Prunes.

II. Soft Egg. Bread and Butter. Orange.

If this simple breakfast were analyzed, we would find the whole wheat mash rich in cell building material (protein) and in starch, the egg-yolk giving food, as well as rich in iron, phosphorus and calcium. The whole milk has a good protein content and the milk sugar and fat for the energy food, in addition to the calcium and citric acid for the necessary chemical changes going on in the body. Prunes are rich in natural sugar, as well as in iron, calcium and magnesium.

In Breakfast No. II we find in the egg valuable protein content, in addition to a rich and easily assimilable quality of fat or energy food, and iron and phosphorus compounds. The orange is valuable for the sugar, iron and calcium.

Dinner. Rice or Irish Potatoes (thoroughly cooked)—Energy. Tender Green Vegetables, served with milk sauce, as a puree. Little White Meat of Chicken (cooked without salt).

Baked Apple, or Pear, or Cap Custard, or Cream Soup—Puree. Rice or Irish Potatoes. Junket or Baked Fruit, or Any easily digested sweet. Supper.

Toast and Milk—(1) Protein, (2) Fat, (3) Carbohydrates. Baked Fruit—(4) Ash.

Or Whole Wheat Mash and Milk—(1) Protein, (2) Carbohydrate, (3) Fat, (4) Ash. Prunes or Baked Apples, or Pears—(1) Sugar, (2) Ash.

Food For Old Age. Since the process of waste in later years is much more rapid than that of assimilation, it stands to reason that foods for old age should be none the less nourishing; but much less in quantity than that needed for active life. When the organs of mastication are inefficient, foods should be minced or ground whenever possible.

Protein Foods For the Old. Young tender chicken, game, scraped beef (boiled slightly); salt should be added after the food is cooked. A little lemon juice used instead of salt is better, as it is an aid to the liver and makes the fiber of the meat more tender, also.

Sweet breads, soft-cooked eggs, white fish (boiled and broiled), bacon (broiled), nutritious soups, such as chicken, or chicken and celery—almost any cream soup (puree), beef tea, beef juice, chicken broth, milk, in all forms when easily digested. The addition of an equal quantity of warm, vichy water or a little ordinary water will help milk to agree. Buttermilk is an excellent food.

Vegetables and Starchy Foods. Bread and milk, or toast and milk, eaten very slowly. Oat meal gruel, well cooked and strained. Wheat mush, thoroughly cooked.

Vegetable purees of all kinds may be taken in moderation—potatoes, carrots, spinach and other succulent vegetables (cooked without fat) dressed with cream sauce, or just a little butter and mashed through a puree sieve.

Puddings of thoroughly cooked rice, prunes cooked thoroughly (without sugar) and ground in a meat chopper; stewed and baked fruit (without seeds); fruit juice, fruit jelly, pulp of ripe, raw fruit (scraped) in small quantities.

If the baked and stewed fruit prove to be too acid, add a pinch of soda while stewing to avoid use of much cane sugar, as the sugar is apt to cause gastric fermentation. Milk sugar is much less apt to cause acid fermentation than cane sugar.

### MEMORIAL RESOLUTIONS TO THOMAS A. COMPTON

Resolved, that we, members of the board of aldermen of the town of Randolph in session assembled do enact the following resolutions: That in the death of Thomas A. Compton, the board lost a member, who, despite physical affliction, was efficient and constant in his labors for the good of the town and community; the town lost a splendid citizen, and the family, a good husband and father.

Resolved further, that a copy of the above resolutions be sent to the widow, to each of the county papers and be spread on the minutes of this meeting. By order of the board. FRANK TALLEY, Clerk.