

HEALTH OF HUMAN BEINGS DEPENDS UPON PROPER DIET

North Carolina Physician and Dietitian Outline Health Needs and Give Menu Suggestions

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An adequate and a well-balanced food supply for the long winter months is a matter of special concern in the mountain regions of the Tennessee Valley. Although Nature has been most generous in providing the essential foods ever since the first settlement, the breakdown of our economic and social order has forced many of our citizens, temporarily at least, to forego a correct diet.

With a large body of our people on relief and an increasing amount of disease directly the result of poorly balanced diet, the Tennessee Valley Authority determined to aid us in correcting this unwholesome condition.

One of the methods used was to assist people in making preparations during the harvest season for a full and complete store of Nature's food for use during the cold days of winter. Canneries were set up at strategic points to provide facilities for storing the products of garden and field in cans. In this way it has been possible for large numbers to secure a sufficient number of cans. It is important, however, that those cans contain a well-balanced variety of food. The cans should be varied from meal to meal and from day to day to insure a proper diet.

Necessary Food Ingredients

Food is any substance taken into the body to assist or nourish life. All foods we eat fall into three categories. These are:

The proteins, the fats, and the carbohydrates.

The proteins include meat, fish, eggs, milk, cheese, nuts, dried beans and dried peas.

The fats include cream, fat bacon, suet, table oils, butter, and coconut.

The carbohydrates are starches and sugars. The starches include bread, cereals, potatoes, rice, macaroni, and bananas. The sugars include dates, honey, candies, jellies and preserves made with sugar and molasses, and ice cream.

Many fruits and vegetables have a low content of protein or carbohydrates but are important as bulky foods and because they contain salts and vitamins that add health-giving properties to our bills of fare.

It has been discovered in recent years that there are other essential factors in our diet besides protein, fats, and carbohydrates. In a natural, well-mixed diet, these other elements are so abundant that they remained hidden until civilization made such changes in the preparation of our foods that these life-giving factors were destroyed. Experiments have shown that there are six distinct vitamins. Their presence in our foods spell the difference between health and disease. These vitamins are named A, B, C, D, E, and F. Each has a separate function to perform in the prevention of disease and the preservation of health.

Essential to Life

The medical profession is paying increasing attention to the role of minerals and vitamins in our diet.

Besides the vitamins, there are at least ten inorganic elements which are absolutely essential to life. These are: sodium, potassium, calcium, magnesium, phosphorus, chlorine, sulphur, iodine, iron and copper. Fortunately, we only have to watch the supply of three of these elements because the other seven are present in abundance in any reasonable diet. Calcium, iron and iodine should not, however, be left to chance. Iron can be secured, not through drug bottles, but through egg yolk, liver, spinach, and other green vegetables. If the content of iodine in the water as food supply is extremely low, the deficiency can best be made up by using iodized salt.

Although calcium is the fourth most widely distributed chemical element in the earth's crust, it occurs in foods in very limited quantities. Our chief supply is in milk and in leafy vegetables. Milk contains 20 times as much calcium as beef, pound for pound. Its importance to people of all ages cannot be overestimated. Mussolini drinks milk for breakfast, lunch, in the afternoon, and for dinner. Milk should not be replaced by tea or coffee as the child reaches the teens.

The child needs all the milk he or she can get. If milk proves difficult to digest, adding orange juice, lemon juice, or tomato juice in small quantities to make the milk curdle slightly will help. Milk gives us the "pep" everyone of us desires. Every family should have plenty of milk for every member of the household throughout the entire year. And buttermilk, while a valuable food, is not equal to sweet milk in the diet.

Disease Traced to Diet

Many of the weaknesses and diseases of the present time can be traced to improper diet. Such maladies as Pellagra, Rickets, Tuberculosis, and Constipation are the direct result of poorly planned menus and incorrect feeding in infancy and childhood. Ninety per cent of all children have poor teeth, due almost entirely to improper nourishment.

These conditions can be checked and helped by the use of a nourishing and well-balanced diet. The right kind of diet can easily be obtained, even in winter, if the pantry shelves are stocked with the necessary amounts and variety of canned foods.

Appended is a list of the cans necessary for a family of five for a period of eight months. The following is a suggested series of menus for one full week of twenty-one meals:

CANNED FOODS NECESSARY FOR A FAMILY OF FIVE

Canned foods for a family of five for the mountain section of Western North Carolina for a period of 32 weeks starting in October.

Salmon	once a week	36
Beef	three times a week	96
Pork—fresh		
Mutton—fresh		
Vegetables:		
Green string beans	twice a week	60
Krut	twice a week	60
Tomatoes	three times a week	96
Corn	twice a week	60
Garden peas	once a week	36
Greens	three times a week	96
Fruit:		
Blackberries	once daily	48
Huckleberries	" "	24
Strawberries	" "	12
Rhubarb	" "	24
Raspberries	" "	12
Apples	" "	48
Pears	" "	12
Plums	" "	12
Grapes	" "	12
Cherries	" "	12
Total		756

Use milk and eggs daily. Potatoes once a day. Cabbage, carrots, beets, parsnips, turnips, may be kept through winter and should be used several times a week.

The above amount will insure an adequate diet for the winter season supplying the necessary protein, carbohydrate, fat, minerals and vitamins.

HUGE PUMPKIN GROWN

NEWARK, Ark.—(UP)—Lawrence Stigall, farmer in the Walls Lake region near here, claims the state pumpkin-growing championship. A pumpkin he raised weighs 76 pounds and is five and a half feet in circumference.

Yakob Rubel, aged 24, and Hans Fiegel, 23, who started four and one-half years ago from Germany on a world bicycle tour, have just reached Ireland.

PIG AND KITTEN PALS

UNION, Me.—(UP)—This little pig is content to stay at home and sleep with its newly-acquired friend. Because the little pig was not as strong as the rest of the litter, James Griffin, its owner, built a separate pen in a horse stall. A kitten visits the stall each day for its meal, then the two crawl into a box and sleep it off.

Wives listen best to their husbands when they talk in their sleep.

MENU SHEET FOR ONE WEEK

Breakfast	Dinner	Supper
Sunday: Oatmeal cream Scrambled eggs Biscuit butter Coffee milk	Stewed chicken Rice gravy Garden peas Cornbread Huckleberry pie Coffee milk	Tomato soup Baked potatoes Hot kraut Bread crackers Milk butter
Monday: Cornflakes cream Bacon milk Biscuit butter Coffee milk	Dried beans Boiled potatoes Turnip greens Cornbread Milk	Soft boiled eggs Grits Biscuit butter Stewed apples Milk
Tuesday: Oatmeal cream Fried eggs Biscuit butter Coffee milk	Canned beef Rice gravy Green beans Creamed carrots Custard pie Cornbread Milk	Vegetable soup Baked Potatoes Bread crackers Blackberries cream Milk butter
Wednesday: Cream of wheat cream Ham gravy Biscuit butter Coffee milk	Parsnips with butter Mashed potatoes Turnip greens Rice pudding Cornbread Milk	Salmon and eggs Big lye hominy Raw kraut Bread butter Strawberries milk
Thursday: Bran flakes cream Bacon with gravy Biscuit butter Coffee milk	Canned beef Boiled potatoes Boiled onions with butter Stewed tomatoes Cornbread Rhubarb Milk	Scrambled eggs Stewed corn Bread butter Milk
Friday: Oatmeal cream Biscuit butter Coffee milk	Fresh pork Mashed potatoes Green beans Cabbage slaw Cornbread Milk	Soft boiled eggs Rice Bread butter Peaches cream Milk
Saturday: Cornflakes cream Bacon eggs Biscuit butter Coffee milk	Dried beans Mashed potatoes Boiled turnips Greens Cornbread Milk	Canned beef Baked corn Raw canned tomatoes Raspberries Bread butter Milk

DRYS TO HOLD MASS MEETING

(Continued from Page One)

United Dry Forces of North Carolina made plans for greatly increased activities along the lines of education and law enforcement; in the first place, they feel that education relative to the evils of strong drink will help to promote total abstinence on the part of individuals; and, in the second place, they hope to obtain a more effective enforcement of the laws against the manufacture and sale of intoxicants by getting the sheriffs and police officers to be more diligent in apprehending bootleggers, by getting the solicitors and other prosecuting officers to be more vigorous in prosecuting bootleggers, and by getting the judges to impose such substantial prison sentences on convicted bootleggers that respect for the courts might be restored.

The trustees adopted the following resolution and urged all drys in North Carolina to cooperate actively in helping to effectuate the program contained in this resolution:

Resolution

"Whereas the use of alcohol as a beverage is injurious to man, both mentally and physically; and whereas it is the opinion of the United Dry Forces of North Carolina that the manufacture and sale of alcoholic beverages should be prohibited; now, therefore, the Board of Trustees of the United Dry Forces of North Carolina, in meeting, in Raleigh, on this October 19, 1934, resolve as follows:

1. That we appeal to the citizens of our State to abstain totally from the use of alcoholic beverages.
2. That we appeal to the instructors in our colleges, in our high schools, in our grammar schools, and in our Sunday schools, to instruct our youth regarding the harmful effects of alcohol on the body and the mind.
3. That we appeal to the ministers of our churches to preach often against the evils involved in the liquor traffic.
4. That we appeal to the General Assembly of North Carolina, that will assemble in January, 1935, that it retain and strengthen our laws prohibiting the manufacture and sale of intoxicants.
5. That we appeal to the sheriffs, constables and police officers to redouble their efforts to detect and apprehend all persons engaged in the manufacture and/or sale of intoxicants.
6. That we appeal to our solicitors and other prosecuting attorneys to redouble their efforts in prosecuting persons charged with the violation of our liquor laws.
7. That we appeal to the judges of our superior courts and to the judges of all other courts in our State to impose upon persons convicted of violating our liquor laws substantial punishment to the end that the violators of our liquor laws

will have respect for our courts and for the dignity and honor of our State. We appeal to our judges to discontinue the practice of releasing bootleggers with suspended sentences, or nominal fines, or insignificant prison sentences; and we appeal to our judges to vindicate the integrity of our courts by imposing on persons convicted of violating our liquor laws substantial prison sentences that will create in the minds of criminals a respect for our laws and respect for the dignity and the honor of our State.

"8. That we appeal to the Governor of North Carolina to call upon the citizens of this State to observe and respect the laws prohibiting the manufacture and sale of intoxicants and to call upon all of the law enforcement officers of the State to redouble their efforts and to discharge their duties in the enforcement of these laws against the liquor traffic. The laws prohibiting the manufacture and sale of intoxicants are righteous and reasonable; the universal existence of bootlegging constitutes a reflection upon the law enforcement officers of North Carolina and constitutes a challenge to the Governor of the State of North Carolina, and to every citizen within our borders; and we appeal to our Governor, to our law enforcement officers and to our citizens to stamp out bootlegging, to rid society of this heinous industry and to vindicate the integrity and the honor of the State of North Carolina."

Declaimers' Contest To Be Held at Mars Hill

MARS HILL, December 3—(Special)—The ninth annual readers' and declaimers' contest, sponsored by Mars Hill college for the past eight years, will be held at the college December 7 and 8.

The contest is open to high schools of the 20 counties of Western North Carolina, exclusive of special charter schools, and R. M. Lee, chairman of the committee in charge of the contest, said that at least 100 representatives are expected to participate in the contest this year. Last year 43 high schools were represented. Sparta high school won the declamation cup and Old Fort won the reading trophy.

WHEAT FOR NEBRASKA STOCK

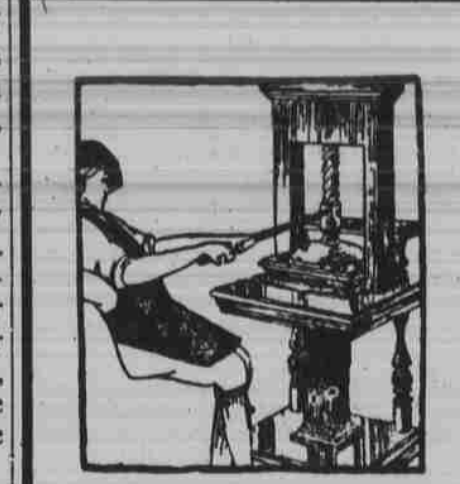
LINCOLN, Neb.—(UP)— Wholesale substitution of wheat for corn in Nebraska livestock diets is believed likely to develop in the next few months. Critical shortages of corn feeds in many sections of the state will cause the substitution, livestock and grainmen believe. With prices of the two grains approximately equal levels, feeders are beginning to feel that for the 60 pounds of wheat in a bushel they get more than from the 56 pounds of corn, cattlemen say.



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