

HERTFORD COUNTY HERALD

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NO. 9

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**Man Takes His Own Medicine is an
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He has absolute faith in his medicine—he knows when he takes it for certain ailments he gets relief. People who take Dr. King's New Discovery for an irritating Cold are optimists—they know this cough remedy will penetrate the linings of the throat, kill the germs, and open the way for Nature to act. You can destroy a Cold by superficial treatment—you must go to the cause of the trouble. Be an optimist. Get a bottle of Dr. King's New Discovery to-day. Adv.

It is very true that "reading maketh a full man," but it will also cause mental indigestion if one does not give others something of the knowledge he acquires.

Helps for Home-Makers.

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 CHILD'S DIET.

At no time in life, perhaps, is the mineral, or ash, more needed than during childhood, while the frame work 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 cleansed.

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, sweet and white potato, thoroughly 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 one 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 the starch, the energy-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 Vegetable, served with milk sauce, as a puree.

Little White Meat of chicken (cooked without salt).

Baked Apple, or Pear, or Cup 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) Carbohydrates, (3)

Fat, (4) Ash.

Prunes, or baked apples, or

peas—(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 when ever possible.

LET US PROVE IT TO YOU

The Herald office has just received some new job type and can turn out neat work at much less than you are charged by the city press. Let us prove it to you.

Murfreesboro Chowan Club.

The Chowan Club of Murfreesboro met on Thursday afternoon, March 4th., with Mrs. J. D. Babb. As this was the fourth regular meeting it may safely be claimed that the club has passed the experimental stage, and is now fairly launched on a career of usefulness which its members earnestly hope may be a forerunner of greater things to come.

It has been the purpose of the program committee, in preparing the year's work, to provide as varied a program as possible, in order that the members of all ages and tastes may find interest and stimulus in the meetings.

The subject for the afternoon was **The Home—Its Needs and Requirements.**

1. Physical health, food, clothing.

2. Mental household economies, household management, books and culture, social relations.

3. Moral and spiritual training, atmosphere, standards, ideals.

An article by Dr. Woods Hutchinson on "Feeding a Million Men" was made the basis of discussion for the first division of the program. Food values, the desirability of a varied diet, the kindly offices performed for the system and the palate by "sweets" and the "tempting morsel," the dietary value of tea and coffee, were all briefly discussed, as well as some of the eccentricities of appetite.

Household economies and household management resolved themselves into an animated discussion, chiefly upon cooking, by the many good housekeepers present. The abundance of experience and practical ideas advanced and the interest manifested, proved to those in charge of the program that there should have been many meetings instead of one devoted to this most interesting and vital subject.

Upon division 3, the moral and spiritual side of homemaking, two excellent papers were presented, one on "Christian Influences in the Home" by Mrs. I. N. Deans and one on "Ideals" by the president of the club, Mrs. David A. Day. Both papers were interesting, helpful, and thoughtfully prepared and were most appreciatively received. The program closed with two short poems, "The baul of the House" by Burgess Johnson and "The New House" by Fannie Itearns Gifford read by Miss Annie Barnes after which delicious refreshments of cream and cake were served by the gracious hostess.

Miss Esther Wynn of the faculty of Chowan College, the No. 4 enthusiastic organizer of the club, gave a most encouraging report of the work which the Alumnae are accomplishing for Chowan College this year. Instead of helping one girl to receive an education, there are already this year four students who are the recipients of aid from the Loan Fund. Besides this there are many needed additions in furnishings and equipment which have been given by the different Chowan Clubs or individual members of the Alumnae Association.

The zeal and enthusiasm with which Miss Wynn is prosecuting the work of organization within the Association calls for the loyal support and co-operation of every Alumnae of Chowan College. Reported.

It is not enough to gain liberty. It must also be retained. To get freedom from one yoke only to be subject to some other yoke means loss not gain. This land has political freedom and independence, but it has been too much dominated by political bosses and by corporations, but their day is now passing.

Whenever You Need a General Tonic Take Grove's

The Old Standard Grove's Tonic is equally valuable as a General Tonic because it contains the well known tonic properties of QUININE and IRON. It acts on the Liver, Drives out Malaria, Enriches the Blood and Builds up the Whole System. 50 cents.

Just Another Illustration.

It will be a fine day for North Carolina when matters of legislation which pertain to cities, towns and counties are transacted at home where the people directly affected can know fully what is going on.

That day will come when there is adopted an amendment to the Constitution of the State by which local and private legislation will be taken from the General Assembly and placed in the hands of officials of the various communities.

In Davidson county right now there is an illustration of this matter. A number of the people there are up in arms because of the passage by the General Assembly of a bill by which the issue of \$300,000 in road bonds was authorized for that county, the bill for this having been introduced by Representative C. H. B. Leonard, a Republican member of the House. If the amendment to the Constitution as a local and private legislation, proposed by Senator Henry A. Gillam, is adopted by the people at the next general election such matters will be directly in the hands of the people at home.

As matters are now there are so many bills before each General Assembly that it is difficult even for men on the spot to keep track of all that goes on. With the General Assembly in session in Raleigh there are measures proposed even for this city and county of which the people either know nothing, or only learn of in time to take quick action in fighting legislation to which they are opposed. With counties at a distance from Raleigh it is easy to see the propositions which they have to go up against.

If the people of North Carolina want to have a direct hand in matters which concern them they will be exhibition wisdom in voting for the proposed amendment which would eliminate and restrict the passage of bills by the General Assembly to do with local and private legislation.—News and Observer.

J. D. Parker.

It is with a feeling of profound sorrow, we mourn the death of our brother J. D. Parker who died at his home in Hertford County January 23rd., 1915, in the 50th, year of his age.

He was made a Master Mason in Luke McLaughan Lodge No. 504 October 18th., 1901, of which he remained an consistent and faithful member until called from labor to refreshments.

For a number of years he was County Surveyor, a position he filled with ability until the time of his death.

Therefore be it Resolved 1st. That in his death Luke McLaughan Lodge No. 504 A. F. & A. M. has lost a worthy brother. His County a faithful officer. His home a good father and a kind husband.

2nd. That our Lodge Hall be draped in mourning for 30 days, and a suitable memorial services be held at his grave.

3rd. That a copy of these resolutions be spread upon the minutes of the Lodge, and published in the Hertford County Herald and Orphans Friend and also a copy be sent to the bereaved family.

J. H. Robertson }
A. T. Willoughby. } Committee.

By The General Trend of Life

Don't mistake the whirl and eddies of life for its uniform flow. A man is not judged by some temporary act or speech, whether it be good or bad, but by the general trend of life. To do otherwise would be as foolish and misleading as to mistake the eddies of a stream for its regular current.

Aulander News

Compiled and Arranged for Herald Readers by our Regular Correspondent.

Mr. Lloyd left for Norfolk Monday after spending some time with his parents Mr. and Mrs. J. W. Herring.

Mr. Garson Dunning of Suffolk is spending a few days with relatives.

The Daily Journal of New Bern of March 12th contains a front page article with reference to the possible candidacy of Hon. C. W. Mitchell of this town for Governor and correctly sums up the qualifications of Mr. Mitchell for the highest gift of the people in a state. While Mr. Mitchell has made no announcement or statement of his intentions, his friends admirers in various sections are beginning to discuss his candidacy and to hope that he persuaded to announce himself. As the Journal states, Mr. Mitchell is a farmer, a merchant, a banker and general business man. He is a Baptist and is identified with all movements in this denomination. Logically Mr. Mitchell should be the next Governor. He takes an active interest in educational and religious work and holds various positions with several educational and religious organizations. He is acquainted and identified with the general business conditions of the state and probably more than any other man in the state qualified as an authority on farming, banking and general business conditions. Mr. Mitchell would make the ideal Governor. As an orator he is without an equal. He is a man of brilliant attainments, and there is no question pertaining to the interest of North Carolina which would not find him well informed and capable. Intellectually he is the equal if not the superior of any man in the state and his ability to grapple questions of moment is remarkable. Broad-minded he can see all sides to a question, liberal he can give ear to other views than his own, big-hearted he would appeal to all classes; he is unusually well fitted and equipped to occupy the Governor's Chair. If Mr. Mitchell can be prevailed upon to become a candidate, we believe that he will be the choice of the people. He is recognized as a people's man, a man who would sacrifice his own personal ambitions for the people. He is the kind of man who would not even entertain the prospect of becoming Governor unless he thought the people wanted him. On the principal that the office should seek the man, we believe that the office needs him and would find him. No man in North Carolina could more acceptably fill this high position.

Mr. Luke Dunning had his new invention on display at J. W. Herring's shop last week and it attracted much attention. Mr. Dunning has perfected and had patented a new tongue for wagons and other double vehicles which will eliminate the danger of crippling team by running into rough places throwing the tongue sideways. The improvement holds the tongue straight at all times and no amount of jarring will throw it aside. Also this invention reduces the cost of manufacturing vehicles. It is adapted to all forms of double vehicles, or any vehicle using a tongue. Mr. Herring is making a model wagon for display in this country which will soon be ready to demonstrate.

Whole Family Dependent.

Mr. E. Williams, Hamilton, Ohio, writes: "Our whole family depend on Pine-Tar-Honey." Maybe someone in your family has a severe Cold—perhaps it is the baby. The original Dr. Bell's Pine-Tar-Honey is an ever ready household remedy—it gives immediate relief. Pine-Tar-Honey penetrates the linings of the Throat and Lungs, destroys the Germs, and allows Nature to act. At your Druggist, 25c. Adv.

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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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Every Kind, Millions of Them

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We will serve you faithfully.

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will mean a lot more to your horse than its cost. Our feed and grain put new life in a horse, new strength to his muscles, new lustre to his eye, new glossiness to his coat. Try them on yours. It will take but a short time to prove the advantage of feeding them regularly.

S. E. VAUGHAN, Ahoskie, N. C.

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