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The Gift Shop

428 N. Liberty Street

PLANNING DAY'S MEAL FOR A FAMILY OF FIVE

(By Biddy Bye)

The food experts in charge of the Office of Home Economics of the U. S. Department of Agriculture have estimated the daily food needs of each family of five at 10,000 calories, or units of heat and energy value.

The "average family" is one of five persons, two adults and three children, and "average menus for a day are planned for that number. In a recent bulletin of the U. S. Department of Agriculture is given a basic plan of meals for one day which may be used as a standard by the housekeeper in planning all meals.

The plan is based on what is known as a cereal diet—that is, using as much cereal as possible without making the diet one-sided and monotonous.

When cereals are used so freely they must be made as attractive as possible. The bread must be excellent, the breakfast foods thoroughly cooked and salted, and cakes and puddings must be carefully seasoned. Rice and macaroni are better combined with small quantities of meat or cheese than served alone, and va-

riations with canned vegetables and flavorings should be made as often as possible.

Specimen family meals for one day (man, woman and three small children):

Breakfast
Fruit—1 1/4 pounds fresh fruit (equal to 3 medium-sized oranges, five small apples, one quart strawberries), or 3 or 4 ounces dried fruit—(equal to 12 dates or 5 figs, or equal amounts of dried stewed apricots, apples, pears, prunes, raisins, peaches, etc.)

Cereal breakfast food—1 1/2 pints after being cooked. The equal in uncooked cereals would be 5 or 6 cupsful.

Milk on cereal, 1-4 cupful for each person.

Sugar on fruit, on cereal, or in coffee, 2 1/2 level teaspoonfuls.

Bread, 8 slices, or 8 ounces.

Butter, 2 1/2 cubic inches.

An egg or 2 ounces of meat, fish or poultry for each older person, and a glass of milk for each child.

Dinner
Meat or fish, 1-4 pound for each grown person; for each child an

SOLDIERS, WOMEN, CHILDREN LOOK TO AMERICA FOR FOOD

Food Administrator Page Announces Porkless Saturday and Daily Wheatless and Meatless Meals to Provide for Allies

GREAT CRY FOR WHEAT AND PORK

Raleigh, Jan. 18.—"Any degree of failure upon the part of the American people to provide the maximum of exportable foodstuffs to be sent to Europe will be measured in terms of the lives of our own soldiers, the soldiers of our Allies in the War or of women and children in Europe who can look only to America for food to stand between them and starvation."

This is the message that State Food Administrator Henry A. Page brings back from Herbert Hoover at Washington, and ship is the message Mr. Page passes along to the people of North Carolina in announcing the establishment of a porkless Saturday each week and a wheatless and meatless meal each day in addition to the present meatless Tuesday and wheatless Wednesday.

"Greater Service Demanded" "No one who has any realization of all of the food situation in Europe or who has any love of country or of humanity can refuse to give the fullest possible co-operation in the program outlined by the Food Administration," today declared Mr. Page. The co-operation in conservation that has been given so far is not sufficient. A much greater home service must be rendered and even at that the Food Administration feels that it cannot depend entirely upon voluntary co-operation, but is preparing to require all bakeries to use 25 per cent as much of other cereals as of wheat flour.

The great demand is for wheat and pork products. The quantity of corn that can be utilized in Europe is comparatively small because of the lack of corn milling facilities and because corn and meal lack keeping qualities, although \$8,000,000 bushels of corn were exported to Europe during the past year. Pork adapts itself ideally for use by the armies and it is stated that practically all of the pork and when products are exported by the United States today is going directly to our army and the armies of our associates in the war, leaving the much shortened supply of home grown products to be distributed among the civil population of our allies.

Approximately 75,000,000 bushels of wheat and an unprecedented amount of pork must be exported to feed the armies fighting Germany. Whether America heeds the call of the starving neutral peoples of Europe will depend upon the degree of co-operation given by the American people to the Food Administration.

Individual Responsibilities

In effect, the Food Administration

egg or a glass of milk.

Potatoes, 5 medium-sized.

One other vegetable, turnips, spinach, corn, cauliflower, etc., equal to 1 pound in weight.

Bread, 8 slices.

Butter, 2 1/4 cubic inches.

Six meat apple (or fruit) pudding, (ingredients: 2 cupfuls flour, 2 tablespoonfuls butter, 3/4 cupful butter, 3/4 cupful milk, 4 apples, 1 tablespoonful sugar.)

Sauce—Recipe: 1/2 cupful sugar, 1 1/2 tablespoonfuls flour, 2 teaspoonfuls butter, 1-4 cupful water, flavoring.

Supper
Gravy—Recipe: 1 pint skim milk, 1-4 cupful flour, 2 level teaspoonfuls butter and 1 cupful salt or smoked fish. To this add beaten egg-yolk left from cake mentioned below.

Rice, 1 cupful measured before cooking.

Bread, 8 slices.

Butter, 2 1/2 cubic inches.

One-half of one-egg cake, Recipe for whole cake: 1-4 cupful butter, 1-2 cupful sugar, 1 egg, 1-2 cupful milk, 1 1/4 cupful flour, 2 1/2 teaspoonfuls baking powder.

Frosting made with 1 egg white and 1-4 cupful sugar.

VINOL CREATES STRENGTH

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It is all very well to make claims, but can they be proven? We publish the formula of Vinol to prove the statements we make about it.

Code Liver and Beef Peptones, Iron and Manganese Peptones, Iron and Ammonium Chloride, Lime and Soda Glycero-phosphates, Cascarin.

Any doctor will tell you that the ingredients of Vinol as published above, combine the very elements needed to make strength.

All weak, run-down, overworked nervous men and women may prove this at our expense.

There is nothing like Vinol to restore strength and vitality to feeble old people, delicate children and all persons who need more strength.

Try it. If you are not entirely satisfied, we will return your money without question; that proves our fairness and your protection.

E. W. O'Hanion, Inc., Druggists, Winston-Salem, N. C., and at the best drug stores in every town and city in the country. (Adv.)

tion says: "Our people must be fed first. If they eat all the wheat, beef, pork, fats and sugar they have been accustomed to, several hundred thousand lives in Europe will be lost. Any person in America who refuses to eat less and eat the things which are not needed for export will have the lives of those people on their consciences. There is no two cannot eat it and they will die ways to it. If you eat it, they cannot eat it and they will die."

AVIATORS IN THE WAR ARE PLAYING IMPORTANT ROLE

California Flier Declares That Risk is Nothing Compared to the Inactivity of the Trenches in the European Struggle

AMERICAN BOY ON HIS EXPERIENCES

(By C. C. Lyon.)

At an Aviation base on the English Channel, Jan. 19.—Folks in America, you've got to take off your hats to the aviators in this bloody war over here!

"If there's any romance at all in this terrible situation, they furnish it."

I came here to spend a few days with my young friend George

who's doing magnificent air service on the western front.

George is daily leading the same life that 20,000 other aviators are leading—French, English, Belgian, Canadian and Australian.

George is a strapping big fellow of 25. A year ago he was a student in the University of California.

Five months ago he was a student in one of the aviation training schools. When I saw him the other day he was an officer and had won his spurs!

He had just brought down three enemy machines.

"George," I said to him, "what possessed you to go in for aviation? I feel certain you'll be getting killed one of these days."

"Well, I'll tell you the truth," he replied. "Honestly, I'd rather put in six months actually fighting in the air and then get killed, than put in three dreary years in the mud and water of the trenches and come out alive!"

"I couldn't bear the thought of inaction in the trenches—the long days and weeks when nothing at all happens with nothing to read; nothing to do but stand on guard with a gun in your hand, waiting for the Boche who doesn't come over."

"But how about that little girl you left back in California?" I asked. "Don't you want to see her again?"

Several times he had mentioned a certain co-ed in the University of California.

"Sure I do, and I expect to—after the war," he replied. "Now let me tell you a few things. You're like most everybody else; you think that every fellow who joins aviation gets killed, don't you? Statistics are in our favor."

He had all the statistics ever invented at his tongue's end.

"Few aviators leave the service with wounds. When you fall two or three miles out of the clouds and hit the earth you don't have to worry about being mutilated for the rest of your life," he added.

Then he spoke at length of the "comforts" of being an aviator—not more than two hours flying a day, on an average; the fine living quarters; the good food; the attentive servants; the deference of superior officers—even colonels and generals; the good

COLORED MAN ON ROAD FORCE SHOT HIS BUNK MATE

Incident Followed Minor Dispute at Camp in Iredell; Captain Westmoreland of Iredell Blues Resigns Commission

DR. DYE GIVEN A COMMISSION

(By E. B. Quinn)

Statesville, Jan. 19.—Columbus Millsaps, a young colored man, was shot Friday night about 9 o'clock by Leroy Moore, also colored, and so dangerously wounded that he died at a local sanatorium yesterday as a result of his wound. Moore and Millsaps were both employed by the county to work on the road force and were tent mates. The night before the killing, the boys had a dispute over some trivial matter, Moore leaving the place, failed to show up for work yesterday morning, but returned to the camp at 9 o'clock Friday night and without any warning emptied the contents of a single-barreled gun into Millsaps, who had already gone to bed. Moore took his gun and escaped into the darkness. Officers searched throughout the night for him and located him at the home of a colored woman in Sharrpsburg township, 13 miles from Statesville, about 12 o'clock yesterday. He was arrested and is being held in jail. Moore claims that Millsaps threatened to kill him with an axe, but Millsaps, in a dying statement, said that there was nothing between them to cause ill feeling except the minor argument the night before.

Captain William Westmoreland of Statesville, who left here in August as captain of the local military company, known as the Iredell Blues, and who has been in the military service at Camp Sevier, Greenville, has tendered his resignation to the military officials, which has been accepted and he is now at his home here. Capt. Westmoreland has considerable business interests in Statesville which demand his personal attention and time and it was for this reason alone that he gave up his commission in the Army.

Ex-Governor Malcolm R. Patterson of Tennessee lectured to a large and appreciative audience at the Broad Street Methodist church here Friday night, his talk being given under the auspices of the Anti-Saloon League. Many who heard the lecture have expressed themselves as being well pleased in every particular and are of the opinion that Mr. Patterson will be able to do a wonderful amount of good for the cause of prohibition.

The Old Fort Bargain Store, which operates mercantile establishments here and at Black Mountain, has been placed in voluntary bankruptcy, Dorman Thompson, local attorney for the creditors, having filed the petition with U. S. Clerk J. B. Gill yesterday. It is reported that the assets or liabilities of the concern were not who would likely be appointed referee.

Col. John D. Langston, special aide to Governor T. W. Bickett, and whose chief duties are in connection with the enforcement of the Selective Draft Law in North Carolina, spent Thursday and Friday in Statesville, having come here for the purpose of consulting with the District Board concerning various matters which have arisen under the new or-

ganization. "Oh, it's wonderful," he exclaimed with genuine satisfaction. "I love that little machine of mine. She's done 150 miles an hour for me many a time and now I'm promised one that can go 180 miles."

"Most of the time, when I am in the air I fly about 12,000 feet from the earth. The German anti-aircraft guns can't touch you then and I feel a good deal safer than I would riding at 60 miles an hour on a country road in an automobile."

He chuckled repeatedly as he related me with stories of fun men in the air service have.

"You know," he said, "there's a law over here to the effect that a property owner must give food and shelter to any allied aviator who is forced to descend on his land."

"Well, it's just as easy to alight on the grounds of some magnificent chateau as near a hotel, isn't it?" George winked.

Heal Skin Diseases

It is unnecessary for you to suffer with eczema, blotches, ringworm, rashes and similar skin troubles. A little Zemo, obtained at any drug store for 25c, or \$1.00 for extra large bottle, and promptly applied will usually give instant relief from itching torture. It cleanses and soothes the skin and heals quickly and effectively most skin diseases.

Zemo is a wonderful, penetrating, disappearing liquid and is soothing to the most delicate skin. It is not greasy, is easily applied and costs little. Get it today and save all further distress.

The E. W. Ross Co., Cleveland, O.

Dr. Caldwell's Syrup Pepsin

The Perfect Laxative is an ideal remedy for constipation. It is a combination of simple laxative herbs with pepsin that acts in an easy, natural manner, and is as safe for children as it is positively effective on the strongest constitution.

Sold in Drug Stores Everywhere
50 cts. (two sizes) \$1.00

A trial bottle can be obtained, free of charge, by writing to Dr. W. B. Caldwell, 457 Washington St., Monticello, Illinois

der of things, since the handling of registrants' case has been changed. It is expected that the names of the two members of the District Board, to fill vacancies will be announced soon.

Income tax forms of the kind to be used by individuals whose net incomes do not exceed \$5000 per annum have been received at the office of Collector Watts in sufficient quantity to furnish a copy to practically everyone who is available for the filing of a return and the blanks are being mailed out to prospective taxpayers as fast as the force in the office of the collector can accomplish the work.

Bills for incomes of individuals above \$500 per annum and for corporations have not yet been received, but they are expected daily and will be forwarded to taxpayers just as soon after receipt as possible.

Dr. J. C. Dye of Statesville, eye and ear specialist, who several weeks ago volunteered his services to the Government, has been accepted for service and directed to report at Fort Oglethorpe, Ga., at once for a course of study. He will leave Statesville today. The appointment carries the rank of First Lieutenant.

MATH TEACHERS TO MEET FEB. 1

Program of Meeting to be Held at the State Normal College in Greensboro Annual

Prof. W. W. Rankin, Jr., of Chapel Hill, president of the Association of Teachers of Secondary Mathematics, has sent an invitation and program to the mathematics teachers in the State as follows:

You are urged to attend a called meeting of the Association of Teachers of Secondary Mathematics to be held at the State Normal College, Greensboro, N. C., on February 1st and 2nd. I take pleasure in announcing to you that, through the kindness of Dr. Foust, we shall have the privilege of hearing Dr. David Eugene Smith of Columbia University, New York. You already have a book acquaintance with Dr. Smith through the Westworth-Smith Algebra and Geometry, and would I feel sure, like to hear him and meet him personally.

All who are interested in the teaching of High School and College Mathematics whether they are members of the Association or not, are invited to attend this conference and to take part in the round-table discussions. (See program below.)

All ladies attending the conference are invited to be guests of the Normal College and are requested to send their names to Dr. J. I. Foust not later than January 21st. The men are invited to be guests of the patrons of the Greensboro High School, and are requested to send their names to Superintendent Frederick Archer of the City Schools, Greensboro.

There will be no fees or assessments. The only expense will be the railroad fare.

Program
Friday, Feb. 1
8:15 p. m.—Address by Dr. Smith: "The Origin of Mathematics."
9:15 p. m.—Social meeting.

Saturday, Feb. 2
9:30 a. m.—Business Meeting.
10:30 a. m.—Address by Dr. Smith: "Deficiencies in Present Preparatory Mathematics."
11:30 a. m.—Round-Table Discussion led by Dr. Smith: "The Proper Introduction to Secondary Mathematics."
2:15 p. m.—Round-table Discussion: "Graphic Algebra;" "Value of

Checking Work;" "How to Deal With Problems in Algebra;" "The Proper Amount of Mathematics to be Taught in High School;" etc.

STATESVILLE

A very pretty and impressive wedding ceremony was solemnized Friday afternoon at 5:30 o'clock at Trinity church, uniting Miss Charlye Tomlin and Mr. Maurice V. Dunnivant, the ceremony being performed by Archdeacon Hardin of Salisbury.

The bride was given in marriage by her father, Mr. Charles S. Tomlin. She wore a stylish traveling suit of plum colored cloth, with grey hat and shoes to match, carrying a shower bouquet of bride roses and valley lilies.

The maid of honor, Miss Mary Norman of Charlotte, was charming in a grey Georgette Crepe gown and carried a white prayer book with a shower bouquet of pink sweet peas and lilies of the valley. Mr. H. H. Henkel, uncle of the groom, was best man. The bridal music was furnished by Mrs. A. P. Steele, Miss Ruth Gill and Mrs. William Tomlin.

Immediately after the ceremony the happy couple left for Washington, where they will reside.

The ushers were Messrs. Perry Guy, Ervin Tomlin, Ben Cooper, J. C. Dunnivant of Charlotte, Frank Hoey of Shelby and Frank Deaton.

Both the bride and groom are residents of Statesville and contributed largely to the social life of the town.

Journal Want Ads bring results. Journal Want Ads bring results.

TO RESIST THE ATTACK

of the germs of many diseases such as Grip, Malaria, Typhoid, Cholera, etc. These germs are everywhere in the air we breathe. The odds are in favor of the blood if the liver is inactive and the blood impure.

What is needed most is an increase in the germ-fighting strength. To do this successfully you need to put on healthy flesh, rouse the liver to vigorous action, so it will throw off these germs, and purify the blood so that there will be no weak spots, or soil for germ-growth.

We claim for Dr. Pierce's Golden Medical Discovery that it does all this in a way peculiar to itself.

It cures troubles caused by torpid liver or impure blood. This herbal tonic is made up in liquid or tablet form and can be obtained in any drug store in the United States. It contains no alcohol or narcotic, and its ingredients are printed on the wrapper.

Write Dr. Pierce, President Invalids' Hotel and Surgical Institute, Buffalo, N. Y., and send 10 cents for trial package of tablets.

BYRNE, TENN.—"I have used Dr. Pierce's Medicines in my family and find them to be the greatest medicines known for the diseases of the human race. The Golden Medical Discovery is the greatest medicine I ever used for 'run-down' nerves; the greatest liver medicine known in this country; good for diarrhea. I know this medicine is good for the above complaints for I have used it for them."

"I will answer any inquiry from any sick person and gladly tell what this wonderful medicine has done for me." NATHAN CARROLL, Route 2.

SYLACATGA, ALA.—"This is a true statement as to the value of Dr. Pierce's Medicines. I used one of his great remedies in my own family with good results, namely, Golden Medical Discovery, and found it to be all it is claimed to be. There is no medicine that will come as near doing what it is claimed for; there's no price too high for it." W. H. JOLLY, Box 215.

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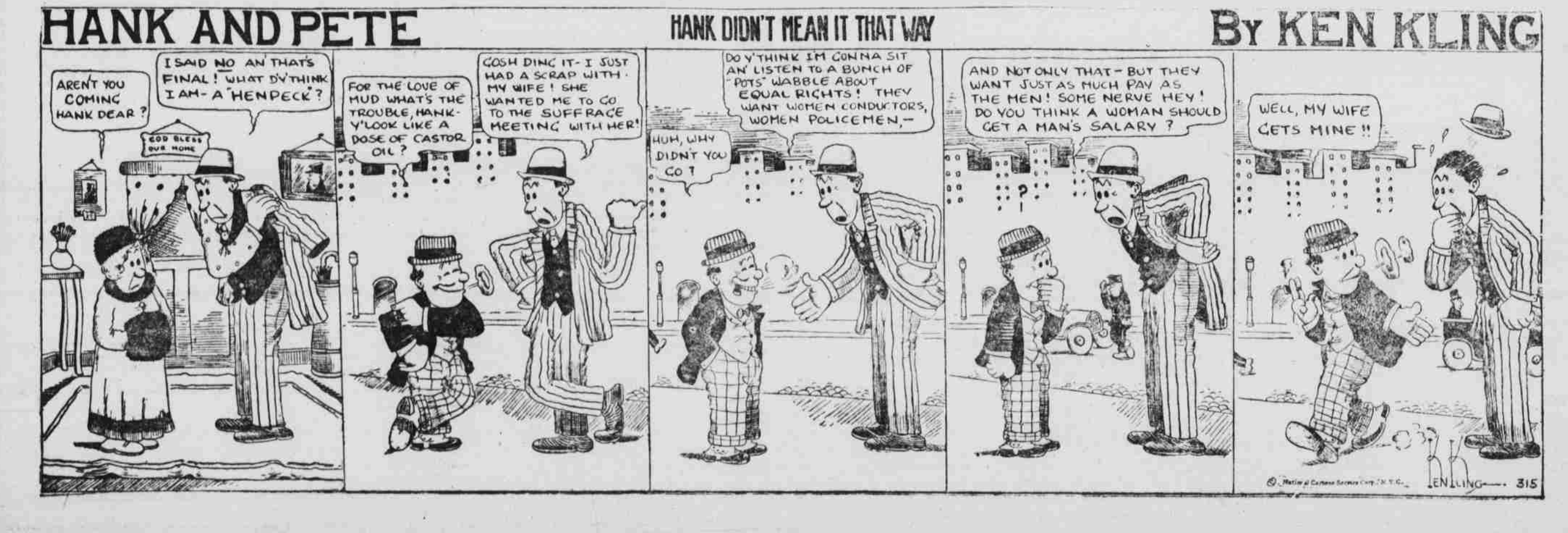


MEDEARIS STAMP WORKS WINSTON-SALEM, N. C.

HANK AND PETE

HANK DIDN'T MEAN IT THAT WAY

By KEN KLING



AREN'T YOU COMING HANK DEAR?
I SAID NO AN THAT'S FINAL! WHAT DO YOU THINK I AM - A HENPECK?
FOR THE LOVE OF MUD WHAT'S THE TROUBLE, HANK - YOU LOOK LIKE A DOSE OF CASTOR OIL?
GOSH DING IT - I JUST HAD A SCRAP WITH MY WIFE! SHE WANTED ME TO GO TO THE SURFACE MEETING WITH HER!
HUM, WHY DIDN'T YOU GO?
DO YOU THINK I'M GONNA SIT AN LISTEN TO A BUNCH OF 'POTS' WABBLE ABOUT EQUAL RIGHTS! THEY WANT WOMEN CONDUCTORS, WOMEN POLICEMEN, -
AND NOT ONLY THAT - BUT THEY WANT JUST AS MUCH PAY AS THE MEN! SOME NERVE HEY! DO YOU THINK A WOMAN SHOULD GET A MAN'S SALARY?
WELL, MY WIFE GETS MINE!!

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