Home Course In Domestic Science

II.-Selection of Food.

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HE wise selection of food, to suit the individual needs of each member of the family, requires the consideration of at least

hese three questions: 1. is the food autritious? 2. is the food comparatively easy to teast?

digest? 3. Is the food reasonable in cost? The subject is so important that it The subject is so important that it should engage the heart and head as well as the hand of the woman who presides over a family. It is sufficient-ly important, too, to demand some thought from every individual who values his good health and general well being. It has been frequently stated by physiciaus and philanthro-pists that three-fourths of the sickness in the world, one-half the drunkenness and a large percentage of the crime and a large percentage of the crime have had their beginning and their cause in poor food and bad cooking. This being the case, can there be any topic of greater value for our lesson

topic of greater value for our account this week than the very old question, "What shall we eat?" First I should like to impress upon my readers that "we can to live" rath-er than "live to eat;" that, while there er than "live to cat," that, while there should be genuine pleasure in the sim-ple act of onling, this pleasure ought to be experienced when the food is of simple variety. The pleasure is a cer-tainty when the food has been carefully and appetiningly prepared and when hunger is a companion at the meal. The appetite which relishes only expensive foods and foods out of season is abnormal and is certain to bring disaster to its possessor. This disaster may be an attack of rheuma-tism or some form of dyspepsia, or it may be a depleted bank account.

What Food Is.

In order to fuifill its office food must In order to fulfill its effice food must either build and repair tissue or it must give heat and energy to the body, and it should do these things at as lit-tle unnecessary expense of physical energy as possible. According to its function all kinds of food are divided into five classes. These are the tissue building fords, the fat foods, starches and success mineral matter and water. and sugars, mineral matter and water. Each one of these classes has its par-Each one of these classes has its par-ticular duty to perform for the body and therefore has its especial place on the daily bill of fare. Any food mate-rial, no matter how simple and well known or how rare, contains two or more of these five classes. A few of the standard materials contain all five observe

the standard matternals contain an aver classes. For instance, what do we find in a loaf of bread? A great deal of starch and some gluten from the four, a little fat from the four and more if it bas been added in the making, some min-eral matter and about 35 per cent of water. Ment also has fat, mineral matfer and a substance found in the lean pair which is called proteid and which is the tissue building property of the meat. The elements which com-pose these different classes of food cor-respond with the elements in the body; hence their necessity. It is chiefly from the food which we eat that we obtain those elements which are nec-essary for the support of life and the functions of the body.

The Duty of the Five Classes. Now that we have seen what an im-portant place in life our daily food occuples let us endeavor to learn te which class or classes certain com-monly used foods belong. The fissue building foods, or the proteid foods, Gre not numerous, but so important are they that life cannot be susmined This class of food has been given then. This class of food has been given the name proteid, a word meaning "first" or "pre-emineen," because it alone of the five classes is able to build tissue and to repair the daily waste of the cells of the lody. The proteids alone contain uitregen, and nitrogen is one of the elements necessary to life. The following table classifies some of our common foods according to their prin-cipal constituents, also gives their source and use in the body:

SOURCE AND USE OF THE CHIEF FOOD CONSTITUENTS.

function of this class of food is to give energy. Before energy is evolved there must be heat, but as heat producers the carbohydrates are not as valuable the carbon drains are not as valuable as fats. The latter are more than three-fourths carbon. This fact at once proves that fat in some form is the food to be eaten when heat is re-quired. It is the food which appends to the appetite more strongly in winter than in summer and is liked better in cold climates than in warm. If it were impossible to have both fat and sugar in the diet to great harm would result to the body for some time, because both contain the same elements and both perform the same function-name-ly, give heat and energy. Not so with the proteids, however, because, being the only class which contains ultrogen, no other can substitute for them. to the appetite more strongly in winter

to other can substitute for them. Danger In Overeating.

After learning of the importance of proteid foods the first conclusion may be that they should form the greater part of the diet and should largely compose the daily bill of fare. This is common mistake and one to be care a common misrate and one to be care-fully avoided. The intake of food should not be greater than the needs of the body and to preserve its normal equilibrium. Too much food of any equilibrium. Too much food of any kind necessitates too much work on the organs of digestion and elemina-tion and produces certain irregularities of the body functions. Too much pro-teid-that is, too liberal an allowance of meat, ish, eggs, cheese, etc., in the meals will clog the system with urea, throw too much work on the kidneys in their effort to carry off this final The most carbon of the second putting on adipose tissue to perhaps an uncomfortable degree. There is more danger in this country from overcating than there is from lack of food, just as

than there is from lack of food, just as the engine is illicit to wear out more quickly because of too hard firing than from lack of fuel. The amount of food required to prop-erly develop the body and keep it in normal condition depends on different conditions, such as the occupation of the individual, the age of the individ-ual, sex, climate and personal idiosyn-censies. crasies.

The man or woman engaged in hard physical work requires more of the foods which repair tissues than does

physical work requires more of the foods which repair tissues than does the person living a sedentary life. The amount of fresh air in which the in-dividual lives will also determine hargely the rapidity with which food will be oxidized in the body. For in-stance, the farmer, working in the fields, will require more nourishing foods than the man who sits in his of-dce all day. The farmer's lungs are constantly uilled with fresh air; his blood is filled with oxygen. He is per-forming work which requires much physical energy; hence his food is rap-idy burned in his body in order to yield the necessary energy, and be is hungry. He has a good appetite for hearty food, and he digests it with ense. The man of sedentary habits finds his stomach rebeiling and him-self in general disconfort if he at-tempts to follow the example of the farmer for any length of time. How Much to Est.

How Much to Eat.

Occasionally we hear the question "How much should we eat?" Yet, a Yet, as "How much should we eat?" Yet, as a rule, the average person does not trouble himself very much on that score and eats what a pampered appe-tite demands rather than the amount the demands rather than the amount be actually needs. Dictary specialists have found from many experiments that an average man doing average work requires each day about four and a haif ounces of proteid, two ounces of

a half ounces of proteid, two ounces of fat and sixteen ounces of carboby-dirate. An average woman doing the work of an average bousekeeper re-quires a little less, probably about three ounces of proteid, one and a half ounces of fat and tweive ounces of carbohydrate. The boy fourteen to skxteen years of age requires four-fifths as much food as his father, and the boy or girl of tweive years should have half as much food as an adult. Recently certain specialists have been Recently certain specialists have been able to reduce the amount of proteid still lower than the above standards, which are less than those given ten or twelve years ago. But as long as the present habit of "botting" food with insufficient nustication is common in the country it is not safe to reduce the amount of proteid to the lowest possi-ble figure. The amount of food conble figure. The amount of food con-stituents which I have suggested can summaries which i mive single-steel can be easily obtained from standard food materials; less of these will be re-quired if the foods are properly cook-ed. Just here the housekeeper's skill is called into account. No matter how nutritions and easy of digestion foods

DRAGGING OF ROADS.

How to Get Them In Good Shape For Winter Hauling.

DON'T WAIT UNTIL SPRING.

Much Good Can Be Done by Grading Up in Summer and Fall For Work Later On-How to Make a Drag From Split Hickory Log.

On every farm where there is a mile or more of road, unless it has been made permanent by grading properly and macadamized or graveled, there ought to be a road drag. With such a tool at hand any farmer can with little time and trouble keep his farm roads in perfect condition.

Having a large farm and over two miles of rondway. I have found a homemade drag to be a most useful implement. Of course we can get along with poor roads on the farm, but if we are the sort of farmers who take pride in having things in the best shape we will certainly take pleasure In keeping our farm roads in good condition. And I may add that it takes so little time and trouble to run over dition.



HOW DRAGGING IMPROVES A BOAD

usually go through the outside gate and work up and down the public read in front of the farm when I drag the farm roads.

The longer I keep my drag and use It on my roads the more I appreciate it on my roads the more I appreciate it. Mine is of the red split log type. I made it of a ten foot section of a twelve inch hickory log, split in the middle, and on the front cutting edge

middle, and on the front cutting edge nailed some heavy sheet iron. It works about as well as the metal ones, some of which I see occasionally. I don't think it took me two hours to make my drag, though I did not make it strictly according to the reg-ulation method as I have seen drags illustrated in farm papers. All of those seemed to have the two sections of log put together by having three large augur holes bored through them and round wooden bars about two inches in diameter put through to hold them parallel and rigid. I did not have the large augur to bore holes big enough for stout wood-

I did not have the large augur to bore holes big enough for stout wood-en bars, so I merely sawed down into the upper edges of each half of the log at three places and split out the blocks, leaving a place into which I could put a place of four inch scant-ling. I cut three places of scantling thirty-sits inches long and fitted them into the cutout places and made them fast by driving splkes sits inches long into them. The job seems to be as solid as those made by boring holes and putting the bars through. Some people make their drags of plank, and they do very well, but cost more and

wet places in the ronds that cannot well be worked to advantage in winter and spring. If these are graded up and drained in the fail they will no duals due and all the time.

Women as Well as Men are Made Miserable by Kidney and Bladder Trouble.

Kidney trouble preys upon the mind, iscourages and lessens ambition; beauty, vigor and cheerfai-ness soon disappear when the kidneys are out of order or disvigor and cheerful ness soon disappear when the kidneys are out of order or dis aced. Kidney trouble has become so prevalent

out of order or dis-cased. Kidney tromble has become so prevalent that it is not nncom-mon for a child to be born afficited with child urinates too forcer, if the urine scalas and the state of the source of the difference of the kidney and bladder and not to a tabit as most people suppose. Women as well as men are made miser-sole with kidney and bladder trouble, by druggists, in fifty-cent and one-dollar supple bottles. You may have a sample bottle by mail free, also a about Swamp-Root to be just the remedy needed. In writing Dr. Kilmer's wo found Swamp-Root to be just the remedy needed. In writing Dr. Kilmer's swamp-Root, and the address bighamton, N. Y., or every bottle.

PUBLIC SCHOOL LIBRARIES

Listof Libraries in The County--New Libraries Being Established.

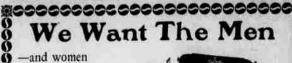
The County Superintendent of Schools has just made requisition upon the State Department of Edu-cation for the State's part in the es-tablishment of rural libraries for the following districts:

aousnine tor truth horaries for the following districts: Districts No. 6 of Coleridge, known as Parks Cross-Roads, and No. 5 of New Market, known as Level Cross, for original libraries of \$30.00 each; District No. 4 of New Hope and No. 1 of New Market for unphased for \$15.00 supplementary libraries of \$15.00 each. For original libraries the From Good Roads Magazine, New York 1 [From Good Roads Magazine, New York 1 a mile or two of road when the team is already hitched to the drag that 1 usually go through the outside gate and work up and down the public read this amount is duplicated by the county and State. Randolph now has 36 rural libra-

Several applications for libraries will soon be reported. The children of the county are looking for better things to read. This is an indica-tion of a healthy sentiment among the neone the people.

Bees Lazative Cough Syrup contains no opiate or narcotic. It is a gende, easy laz-ative, by which it drives the cold from the system and at the same time heals irritation of the throat and stops the cough. Sold by Simpson's Drug Store.

people make their drags of plank, and they do very well, but cost more and will not stand hard usage so well as the regular split log drag. There is not, of course, so great need of the drag in summer and fall as in winter and pleneanter job to make it then, and, besides, if one drags his roads a few times in summer and puts them well readed up they will re-main in good shape far better than if left just as the summer hauling has made them. Moreover, on many firms there are wel places in the roads that connot well be worked to advantage in winter and spring. If these are graded up the far the far these are graded up the stand hard that far the swill re-to the trank is a summer and pork raiser of the county, so far as reports thus far received show. He killed one 14 months old that weighed 550-m to tal of 1,723 pounds.



who want the best-the keen discr i minating judges who are most particular in their requirements to examine

THE NEW MODEL L. C. SMITH & BROS. TYPE-WRITER

E. B. HATCH, Agent 800000000000000000000000

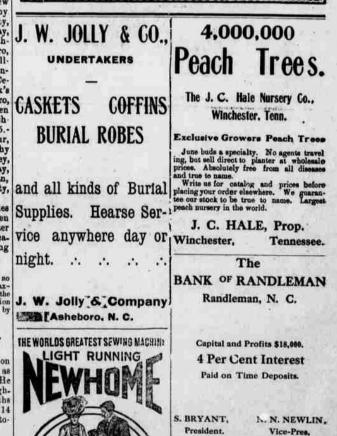
BOYS' SUITS.

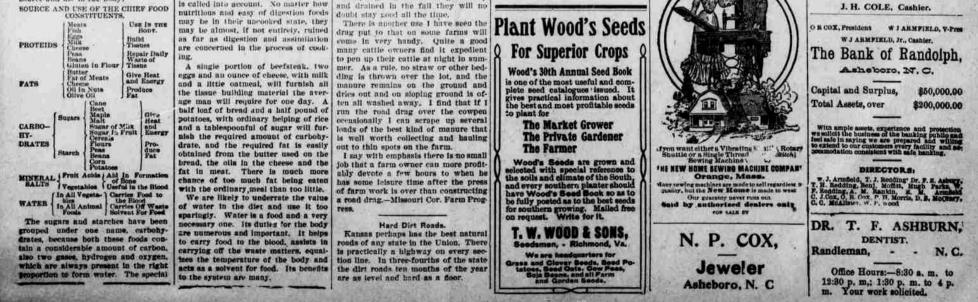
We are still selling Boys' Suits at greatly reduced srices and will be glad to fit you out in this line.

G. W. ELLIOTT'S.

The Big Store

Randleman, N. C.





J. H. COLE, Cashier,