

THE COURIER PUBLISHED EVERY THURSDAY WM. C. HAMMER, Editor.

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To all the patrons of the Courier we extend Christmas greetings and good cheer.

During the bad weather the price of rabbits in Asheboro has dropped from 25 cents to 10 cents.

In remembering our personal friends with cards let us not forget that the boys of Company K are always glad of news from home.

The High Point Review is to be congratulated upon its holiday edition in which many of the business people have carried nice advertisements.

Every school in Randolph county should be a 'Red Cross School.' The payment of 25 cents per capita for each student enrolled constitutes a Red Cross School.

This is a year in which useful gifts are the only ones which should be purchased. Christmas giving has been a pleasure to many but to others a mere exchange of useful presents.

Substituting fish for pork and beef is one of the ways in which the American people may help to win the war. Beef and pork not consumed in the private homes can be sent to our soldiers and to the Allies.

When the evening lamps are lighted and we all sit warm and close, while father reads his paper and mother mends the hose.

Additional Judge A bill providing for an additional Federal Judge in the western district of North Carolina was introduced in the Senate a few days ago by Senator Overman.

Are You Serving the Enemy? It is and must be a characteristic of this world war for democracy that each and every one of us serves in it.

Without question we serve this enemy if we fail to do our utmost to support our great national organization, the American Red Cross.

WHAT TO EAT IN WAR TIME

(By G. Kay Spencer.)

(Written for the International News Service and approved by the United States Food Administration.)

WHAT TO EAT IN WAR TIMES 88 SCIENCE OF DIETETICS

There is a science in correct eating. In these high strung days of super-civilization "common sense" in eating is an anachronism.

We will deal with the "science of dietetics," which defined, is "rational eating."

The diet should contain at least one representative of each of the following groups:

Green and succulent vegetables. Meats, milk, eggs, fish, cheese, beans, peas, peanuts.

Cereal grains and their products. Sugars, including those naturally occurring in sweet fruits, fresh and dried.

Fats, including milk fats; they have special importance.

By choosing some thing from each of these groups we secure the essentials of an adequate diet, namely:

Proteins to supply nitrogen. Principals in this class, milk and meats.

Energy—usually estimated to be 2,500 calories for a 150-pound man in the period of full vigor and 2,000 calories for a woman of average size.

Mineral substances—phosphorus, calcium, magnesium, iron, potassium, sodium, sulphur and other minor substances, are present in all food with the exception of sugar, purified oils, pure starches, etc.

"Vitamines" and "growth determinants" are two other substances, as yet not entirely defined by science, which are highly necessary and which are obtained only by a diet of variety.

Three meals each day should be eaten. If you are of the opinion that this is too much, reduce the bulk of food taken at each meal so as to make three meals in the day.

It has been proven that coffee in moderation is healthful, but "moderation" is a mutable quantity with each separate person.

Cocoa and chocolate, however, are real foods. They are very nutritious and healthful.

In the process of digestion certain deleterious poisons are generated in the intestines.

When the evening lamps are lighted and we all sit warm and close, while father reads his paper and mother mends the hose.

And then when it is bedtime, Mother puts her work away and father folds his paper and says, "Children, let us pray."

So we kneel around the table, Highly glad to have the chance, For you just bet we're prayin' For the boy way off in France.

There's the books he used to study And his old cap's hangin' there. That's the place he used to sit in, And the very selfsame chair.

Father sighs and wipes his glasses, There are tears in mother's glance, For you see that we're all longin' For the boy way off in France.

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A Turkey-Eatin' Letter of James Whitcombe Riley's

Among the Riley letters printed for the first time in Harper's Magazine for December is one to a little girl friend, "Dory Ann," with whom he had endless discussions on turkey eating.

Riley discussed turkey with her year in and year out.

"Dear Dory Ann.—Your last letter was so short I couldn't laugh over it only just a little. And then you choose such small words and write in so big a hand on such a twenty-tenny page, that just about the time your letter gets to tasting good-and-creamy, I've got it all icked up! So I think, when you hint about some folks being 'pretty mean,' that you must have in mind a certain girl I know and that's you your own-self! (and I spelt self that-a-way a-purpose). But the other day I was a little mean, I guess,—when my little third-cousin Helen broke away from her Pa (my second-cousin) and his Pa (my first-cousin) and ran right in front of a street car and almost under the wheels, when her Pa grabbed her, and she was 'most about to cry, and I laughed at her and clapped my hands and said: 'Goody! goody! goody! you come 'purf'-near' a-gettin' run over! Goody! goody! that's what you git when you're only ist somebody's third-cousin.'"

"All right about the turkey that died of old age, waiting for me to come help eat him!—If that's a picture of him you made, why he wasn't the kind of turkey folks eat, anyhow—'cause you made him with four legs, like a work-stand, so you ought to have made casters on him—stead of toes! Eatin'-turkeys has only got two legs. Here's a picture of a catin-turkey:

"And here's a catin-turkey poem:

"When Dory Ann she gave a tea She specially invited me, With other children, two or three, And asked us all to come quick!

'Cause,' she wrote, 'dear friends I've got A turkey for you, steaming hot, And each of you—forget it not— Shall have a sovory drumstick.'

'But when her four guests came, and she Cut off one turkey-leg for me And one for her,—why, there were three More guests might suck their thumbs slick!

A Eatin'-turkey's hapless lot Is two lone legs, more guests or not, Two lonesome legs is all he's got, And nary other drumstick!

Ever yore obedient servant and well wisher ever thine yours respectfully write soon

BUD RILEY.

"With joy too great for pen to state Or tongue to dare articulate, And I like you—and better too— Than angel-cake or rabbit-stew!"

According to the Department of Agriculture, over 5,000,000 eggs spoil in cold storage each year because they have been washed or in some other way become wet before being sent to market.

BUSINESS BUILDERS

MIXED OAK TIES WANTED—Sawn 6 1/2 x 7 1/2 - 4, cut full car lots anywhere, wagon loads at Asheboro. See me for prices. M. T. Walton, Asheboro, N. C. 12-10-17

BOYS go to John M. Vanwerry's to get your FIRECRACKERS and FIREWORKS for Christmas, RANDLEMAN, N. C.

Wanted—Maple and beech squares 1 1/2 x 2 1/2 and 3 inches, 24 to 34 inches long. Oak, pine and poplar cords—slabs of any kind of wood. High Point Show Case Works, High Point, N. C. 4t

WOOD YARD—I am running a wood yard and can furnish wood at \$1.00 per load, cash. I am also selling groceries cheap for cash. E. E. Pritchard. 4t

FORDS WANTED—If you have one for sale at a bargain see me. E. G. Morris, Asheboro, N. C.

WANTED—Students to learn Bookkeeping, Shorthand at home or in school. Tuition on credit. Positions guaranteed. Edwards' Business College, Winston-Salem and High Point.

WANTED Highest prices paid for all kinds of fur. Cash paid. See me, bring your skins. December 20, 1917. B. F. McDOWELL.

WOOD WANTED—Make us best price on 500 to 1000 cords of wood, delivered Asheboro. Or, if price is right, will take it delivered to good roads anywhere within six miles of Asheboro. See us or phone at once. Asheboro Wheelbarrow Co. n294t

BOYS go to John M. Vanwerry's to get your FIRECRACKERS and FIREWORKS for Christmas, RANDLEMAN, N. C.

Highest prices will be paid for opossum hides, muskrats and all kinds of hides, I. D. WAGGER, Randleman, N. C. 12-12-174t

WANTED—Two or Three fresh milk cows. A. C. MOTON

Federal Farm Loan Meeting Saturday The meeting of the federal farm loan association which was to have been held last Saturday in the court house in Asheboro was postponed until next Saturday, December 22, at 11 o'clock a. m., on account of the weather. H. D. SMITH, President. I. H. FOUST, Secretary.

Notice The annual meeting of the stockholders of The Bank of Randolph, Asheboro, N. C., will be held in the office of the bank, Thursday, January 10th, 1918, at 2 o'clock p. m., for the transaction of such business as may properly come before the meeting. W. J. ARMPFIELD, Jr., Cashier.

Well Balanced Diet Without Salt for Acid Stomach

It is generally admitted now that acidity of the stomach comes from too much chlorine in the blood. The normal juice of the stomach is hydrochloric acid, the active compound of which is chlorine, and the only known source from which chlorine gets into the system is common salt, which is sodium chloride.

Therefore, the obvious method of treating this too great acidity is to cut off the salt from the diet.

However, some physicians who have tried this treatment have been disappointed in the results, because the human system must have salt in some form. In an article in the Journal of the American Medical Association, Dr. Edmund Jacobson of Chicago says the true method is to prescribe a diet well balanced—save for lack of chlorine.

"The foodstuffs," he writes, "should be either naturally poor in this element or freed of it by boiling. To season his food the patient is given a special inorganic salt mixture of about the same proportions as found in milk by Bosworth and Van Slyke, except that calcium lactate is substituted for calcium chloride.

"Important articles are fresh meat, potatoes, oatmeal, carrots and cauliflower, cut fine and then boiled for hours with several changes of the water; stewed apples, prunes and apricots, very weak tea and coffee, butter freed from salt by washing fine particles thoroughly in running water; one egg and about fifty cubic centimeters of milk or cream per day, but no more. Distilled water is used for drinking, but if need be tap water may be used for cooking if the chlorine content is low, as in Chicago."

Dr. Jacobson says that solid food should be hashed before serving. The details of the diet vary according to the requirements of cases, but he gives a sample diet for a day, as follows:

"Breakfast—Oatmeal gruel with sugar and a little cream, apple sauce, very weak coffee with sugar and cream.

"Dinner—Fresh meat, boiled and hashed; potatoes, boiled and mashed; carrots, likewise; special salt-free butter; orange juice diluted and sweetened.

"Supper—One egg, raw, boiled or poached; boiled rice; puree of prunes; very weak tea with sugar and cream."



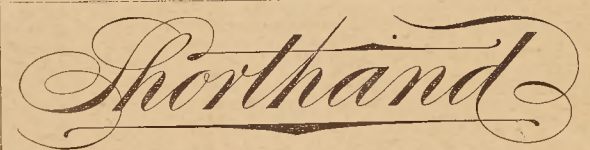
QUALITY GIFTS

FOR THE HOME ALL THE YEAR

Pianos and Organs, Library and Parlor Tables, Blankets and Comforts, Parlor, Bed Room and Dining Room Furniture, Rocking Chairs, Rugs, and Druggets, Kitchen Cabinets, Oil, Coal and Wood Stoves.

This is the Christmas for useful, substantial gifts. We have everything in the line of house furnishings.

O. R. FOX, Furniture Dealer.



Shorthand

Bookkeeping, Banking, Civil Service and Salesmanship taught in day and night school, also by mail. Tuition on credit. Positions guaranteed. Write for Special Rates.

EDWARDS BUSINESS COLLEGE High Point, N. C., and Winston-Salem, N. C.



YULETIDE NOVELTIES

Of all kinds are ready for our Christmas patrons. This year more than ever do we believe that the useful will predominate as Christmas gifts. We are splendidly ready with appropriate articles for gift purposes. Toys for the children, stationery for the young people. A splendid line of dress goods, sweaters, toboggans, etc. for the women. General line of gents' furnishings, hats, caps, etc. We also have table ware, candies, fruits and groceries. Call on us before Christmas.

D. A. CORNELISON Seagrove, N. C.



Juvenile Gifts

We have just received a splendid lot of toys of all kinds representing soldiers, acrobats, athletes, etc. Toy dogs, cats, and horses, automobiles, block houses and every toy to please the children. We also have an excellent line of handkerchiefs in boxes ready for Christmas gifts. Substantial gifts in glass and chinaware in addition to our general line of merchandise. Call and see us before Christmas.

E. R. YOW



Christmas Selections

In Jewelry are always in good taste and they are sure to be appreciated. From my selection every one can be remembered.

FOR MEN AND BOYS: Cuff Buttons, Scarf Pins, Watches, Watch Chains, Watch Fobs, Emblem Rings. FOR WOMEN AND GIRLS: Bracelets, Rings, Brooches, Cameos, La Valiers, Hat Pins.

N. P. COX Jeweler and Optometrist Asheboro, N. C.