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"LOOK FORWARD AND NOT BACK"

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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 rice, 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 same 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 Mush.
Whole Milk.
Prunes.

II.

Soft Egg.
Bread and Butter.
Orange.

If this simple breakfast were analyzed, we would find the whole wheat mush rich in cell building material (protein) and in starch, the energizing 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 Vegetables, 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.
Fruit 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 Mush and Milk—(1) Protein, (2) Carbohydrates, (3) Fat, (4) Ash.
Prunes, or Baked Apples, or Pears—(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 whenever possible.

Protein Foods For The Old

Young tender chicken, game, seraped beef (broiled slightly); salt should be added after the food is cooked. A little lemon juice used instead of salt better, as it is an aid to the liver and makes the fibre of the meat more tender, also.

Sweet breads, soft-cooked eggs white fish (boiled and broiled), bacon (broiled), nutritious soups, such as chicken, or chicken and celery—almost any cream soup (puree), beef tea, beef juice, chicken broth, milk, in all forms when easily digested. The addition of an equal quantity of warm, vichy water or a little ordinary water will help milk to agree. Buttermilk is an excellent food.

Vegetable and Starchy Foods

Bread and milk, or toast and milk, eaten very slowly. Oat meal gruel, well cooked and strained. Wheat mush thoroughly cooked.

Vegetable purees of all kinds may be taken in moderation—potatoes, carrots, spinach and other succulent vegetables (cooked without fat) dressed with cream sauce, or just a little butter and mashed through a puree sieve.

Puddings of thoroughly cooked rice, prunes cooked thoroughly (without sugar) and ground in a meat chopper; stewed and baked fruit (without seeds), fruit juice, fruit jelly, pulp of ripe, raw fruit (scraped) in small quantities. If the baked and stewed fruit prove to be too acid, add a pinch of soda while stewing to avoid use of much cane sugar, as the sugar is apt to cause gastric fermentation. Milk sugar is much less apt to cause acid fermentation than cane sugar.

On The Trail Of Moses.

A Series of Sermons on the Life of the Greatest Man of the Old Testament at the Baptist church. We give you a hearty welcome. We wish you to be assured that our church services are maintained with thought of you.

SERMON SUBJECTS:

MORNING:
March 22—Trials Matched with Suffering.
EVENING:
March 23—Mount Pisgah's Summit—The End of the Trail.
'Show Me Thy Ways, O Jehovah: Teach Me Thy Paths.'
EDWARD L. WELLS, Pastor.

Reduce High Cost of Living With a Garden All Year

Round

E. E. Balcomb

The ole folks keep a sayin' that livin's gettin' high. That wheat an' pork is goin' up, an' money's gettin' shy; That you must min' your spendin'; NEVER BUY WHAT YOU CAN RAISE. An' 'tend the pigs and dairy cows, an' keep the hens what lays, An' you must grow a lot o' things, not thist depen' on cotton, 'N'en you will have some stuff to sell when war makes prices rot'n. 'N' put a G-R-E-A-T BIG GARDEN in, An' min' what you're about, Er the HARD TIMES 'll git you Ef you

Don't Watch Out!

Nature Has A "Hand Out"

for the Tar Heel 365 days in the year. In the Old North State Nature never needs a rest. She is handing out good things to the gardener all the year round.

The first requisite for a successful garden is to have it carefully planned. Too often the garden, especially in the country, is not seriously thought of until planting time. Then a few seeds are hastily scratched into the ground with the hope that kind Mother Nature will atone for all neglect on the part of the would-be gardener.

Plan Your Garden

Plan your garden and lay it all out carefully on paper.

To aid in this, we furnish a diagram each month, by the aid of which the inexperienced gardener will be able to see at a glance what seeds to plant, what plants to tend, what tender vegetables to gather, and what produce the family can can.

Every family should be an

"I Can" Family

They should "eat what they can and can what they can't."

By following the general scheme suggested it is planned to have the garden contribute something every day to help the health, happiness and contentment of the family and to reduce the high cost of living.

A Recipe for a Good Garden

The old-fashioned recipes used to start off with "take a cup of sugar, a pint of milk, two eggs, etc., sit on a hot stove and stir constantly." So I say, "take a rich piece of well drained, loamy land and stir constantly." This "stir constantly" applies to both the gardener and the soil.

Pope says—
"If vain our toil,
We ought to blame our culture,
not the soil."

There is a great deal of truth in it. However, it is essential to choose good, workable, well-drained soil. Heavy clay, or soil with too coarse or excessive sand, causes the gardener grave annoyance; The plants die, therefore "grave" annoyance.

Women Be As Lazy As Men

and plan to have a horse do the work. Wherever possible the garden should be long and narrow,

instead of small and square. Cultivation with the horse is then possible. This saves much drudgery by hand labor. The rows should run lengthwise and be 24 to 30 inches apart for horse and 15 inches for hand cultivation.

The garden should be as handy to the house as an apple in a boy's pocket—"it is there for home consumption." Half an acre well worked will furnish more "garden sass" than even the fortunate farm family frequently has.

Feed the Garden Well if You Want It to Feed You

In the autumn all of 10 or 12 loads of stable manure must be plowed under so that it will be well rotted by spring. Grow a cover crop, preferably legumes, on any unused portion during the winter. The soil must be thoroughly pulverized before planting in the spring. A good soil mulch is the best means of saving a garden in time of drouth.

In the plans given it will be taken for granted that a new piece of ground is used for the garden, and that none of the ground has any crop on it except that suggested each month.

It is recognized that all gardens will not be of the same size or shape. All readers will not have exactly the same climatic and soil conditions. But it is believed that the necessary allowances can be easily made. It is also recognized that information presented in this definite way will be much more easily criticised than articles which give only general information. Our articles are intended for the inexperienced worker in the garden. The veteran gardener needs no simple directions.

Missionary Sunday

Sunday, March 23, is to be missionary day in the Baptist Sunday schools of the south, and on this day the hundreds of thousands of Baptist young people will have their attention directed definitely to the great cause of missions.

Last year the offering on this day amounted to more than \$100,000, and this sum was devoted to home and foreign missions. Because of business conditions and prevailing financial stringency, there is a peculiar need for even larger contributions this year, and it is believed by those in close touch with the situation that the increase in numbers of small gifts will bring the offering up to a sum sufficient to meet the really urgent demands of the work.

As an aid to pastors and superintendents in preparing their programs for this day the Sunday school and mission boards have sent out some strikingly interesting posters for use on that day. "The south has thirty-three million population; eleven million church members, twenty-two million unevangelized. These

Heavy, impure blood makes a muddy, pimply complexion, headaches, nausea, indigestion. Thin blood makes you weak, pale and sickly. For pure blood sound digestion, use Barboak Blood Bitters \$1.00 at all stores, adv.

Resolutions Of Respect RICHARD N. HINES

WHEREAS, it has pleased the Grand Master of the Universe, before Whom and to Whose will, all should with reverence most humbly bow, to call our beloved brother, Richard N. Hines, from this terrestrial lodge to the Grand Lodge above, on March 3, 1915, A. L. 5915;

THEREFORE: Be it resolved:

1. That Unanimity Lodge No. 7 A. F. & A. M., Edenton, N. C., has lost a valuable and loyal member, one who lived and practiced Masonry, who was loved best by those who knew him best, to whom charity was a virtue, who loved children and especially the orphans, and one who never spoke ill of his fellow-man.

2. That we bow in humble submission to the Great Architect of the Universe and try to live a life of usefulness and service to Him.

3. That we extend our tenderest and most heartfelt sympathy to his only child "Dick" Hines, and pray God's richest blessings on him.

4. That a copy of these resolutions be sent to his child, one sent to the Albemarle Observer and the Orphans' Friend for publication and that a page in the Lodge Record be dedicated to memory.

CHAS. H. WOOD,
JAS. L. WIGGINS,
W. S. FRIVOTT,
Committee.

March 12, 1915.

"How It Was Done"

Gatesville, N. C., Mar. 12.

EDITOR THE ADVANCE:—

I notice that a citizen of Elizabeth City wishes to know in what kind of a cauldron Mr. R. M. Riddick scalded his 815 pound hog. Lest this gentleman of your town should some day raise a large hog and not know how to separate the hair from the hide, for his benefit I send you Mr. Riddick's plan. He first executed the porker, then laid him on a pile of straw, covered him with blankets, and over the blankets poured boiling water. When the hog had been sufficiently scalded on one side, he was rolled over and the other side received like treatment. Mr. Riddick furnished me with this information. He is well known throughout this section but any skeptical stranger is referred to Bradstreet for a conservative estimate of his reliability and character and worth.

Mr. Riddick told me yesterday that he now has on hand a nine months old pig of the same stock as the big hog and he hopes to raise him up to be a thousand-pounder. But please do not get the idea that hogs of this size are plentiful in Gates county for they are not. But it is a fact that raising hogs is getting to be an important industry here. So far it has been carried on only as an adjunct to farming and the writer knows of a large number of farmers who sell from \$300 to \$400 worth of meat every year after holding back for themselves a supply sufficient to carry them through the year. When it is understood that the hogs are fed

on practically nothing except home products their real value to the farmer can be clearly seen.

Yours very truly,
ROBERT R. TAYLOR.

Civic Improvement Health & Beauty Hints

1. Got your backyard cleaned up? Looks better, doesn't it?
2. Don't forget to sow grass on your sidewalk.
3. A city is known by the streets it sweeps.
4. Health and comfort demand that we keep out flies.
5. Flies breed and live in filth.
6. Good health is wealth; ill health is poverty.
7. A dirty neighbor is a menace to neighborhood health.
8. A little tin can may hold a host of mosquitoes.
9. Kill all the flies that get into the house.
10. Don't buy food where flies are tolerated.

Preventing Losses In Barnyard Manure

A reader, after stating that he uses straw and leaves in his barnyard, writes as follows: "We put the manure (mixed with leaves and straw) under a shed and it seems to take a heat and burn. It becomes a very light color and pulverized very much. Does this hurt the fertilizer? If it does please tell how to prevent such."

Our reader does well to use leaves and straw that the stock, by tramping, mix with the manure, but there is some question as to whether he would lose more by leaching if left out than he does by the fermentation (fire-heat) under the shed. In the leaching outside he would lose more or less of all the plant foods, whereas he loses only nitrogen by the fermentation under the shed.

When manure goes through the fermentation described, the loss of nitrogen into the air is large and serious. This heating can be prevented by keeping the manure under the shed packed as solid as possible and wet down well. Mixing ground phosphate rock or acid phosphate with it will also help to hold the nitrogen set free by the heating or fermentation. When the manure is tramped down solid by livestock under shelter and phosphates mixed with it there is practically no loss.

If the manure under the shed cannot be kept wet enough to prevent fermentation, or if stock cannot be kept on it to keep it packed down firmly, then it should be put on the land as quickly as possible after it is made, or gathered up and put under the shed. In other words, it should only be kept under the shed when the land is so wet that the manure cannot be put out. The quicker it can be gotten on the land where wanted, the better; but, of course, manure should not be put on top of the soil and left there, if the land washes badly. On such land it should be worked into the soil as quickly as possible.—Progressive Farmer.

For a mild, easy action of the bowels, try Doan's Regulax, a modern laxative. 25c. at all stores.