

MARKET BASKET

By The Bureau of Home Economics,
U. S. Department of Agriculture, and the Woman's Division of the
President's Emergency Committee for Employment

THE MEANING OF CALORIES

"Counting the calories" is one way to tell whether we are eating enough, too much, or too little. For the average individual, however, counting calories is not very practical, and as a matter of fact, with a varied diet, it is probably not important so long as one's weight remains about normal for height and age. It may be important, however, for people who must learn to follow a special diet of some kind—a reducing diet, a fattening diet, or a diabetic diet, for example. And to have a general idea of calorie values helps the meal-planner to provide a balanced diet for the family. Says the Bureau of Home Economics of the U. S. Department of Agriculture:

So what are calories? What do they mean when the nutritionist says that a moderately active man needs about 3,000 calories per day, and a moderately active woman about 2,200 calories? Calories are units of measure, the Bureau explains. Applied to food they measure its value as fuel for the hu-

man body. A slice of bread for example, yields so many calories of fuel value, or energy. A serving of meat, of vegetables, fruit, milk, butter, sugar, each yield so many calories—and the count of the calories in all the foods that go to make up three meals a day shows whether those meals furnish enough energy or fuel.

Fuel, however, is only one of the essentials. The body must have energy to keep it alive and active, and it gets this energy from food much as the combustion engine burns fuel to produce the force that makes the engine go. The average man of moderately active occupation uses about 3,000 calories of energy each day, the average moderately active woman uses about 2,200 calories. Therefore they need fuel enough to furnish those calories, and they get it in their food.

Food serves as fuel because it contains substances the body can burn. Those substances are carbohydrates, fats, and proteins. All foods contain one or more of these substances, therefore all foods have some fuel value, but some have more than others because they contain so much more fuel substance. These energy foods, as they are called, include the cereals and sugars, which are richest in carbohydrates; and butter and the margarines, lard and the vegetable oils, which are concentrated fats. Meat, fish, eggs and cheese, which are the chief protein foods and have various other food values, are also valuable for fuel.

The vegetables and fruits, for the most part, come lower in fuel value, although potatoes have a high-calorie rating because of the starch they contain. Well up in the list come beans and peas, especially soybeans. All of these are rich in carbohydrates, fat, and proteins. Ripe bananas are rich in sugar; avocados are usually rich in fat.

On the other hand, foods that are

watery and fibrous, like the greens, cabbage, broccoli, celery, okra, or tomatoes, cucumbers, sauerkraut, turnip, summer squash, and various other succulent vegetables, are low in fuel value. Most of the fruits run a little higher than most vegetables because the fruits contain more sugar.

A count of the calories, however, tells by no means all the requirements of good diet. The human body needs food for three main purposes—(1) to supply the energy that keeps it alive and active; (2) to build, maintain and repair the body structure of bone, muscle and blood; and (3) to keep the whole organism in good health and running order. Nutritionists say, therefore, don't think only of calories and energy foods, but also of the body-building and health-protective foods, many of which are low in calories.

For example, a breakfast of cereal with milk or cream and sugar, bread, butter, eggs or meat, coffee with cream and sugar, and maybe some jam or marmalade, is a high-calorie meal. In order not to pile up the carbohydrates, fats, and proteins, without leaving room for the minerals and vitamins that are not abundant in many of the high-calorie foods, lunch and dinner should include greens, cabbage, broccoli or cauliflower, or a succulent vegetable like tomato, and a juicy fruit. These would furnish minerals and vitamins to supplement the carbohydrates if bread and potatoes or sweet potatoes, the fat and proteins of meats, the fat of gravies and salad dressings, and the sugar and fat of desserts.

In other words, in a meal with bread and butter, meat and potatoes, milk or cheese, the energy foods are fully provided, and the rest of the menu should be chosen for other kinds of food value.

When it comes to selecting energy foods, here are some points to remember:

The different grains—wheat, oats, corn, rye—are about equally rich in carbohydrate and practically equal in energy value. A serving of oatmeal yields about the same number of calories as the same amount of corn meal mush, or cooked whole wheat, or rice, or any of the cooked breakfast cereals, white or dark. No one cereal product can be superior to another in energy value, because the source of the calories—carbohydrate—is the same. Whole wheat bread yields the same calorie value as white bread in slices of the same size.

While sugar is pure carbohydrate, and its energy value is about 50 calories to a scant tablespoonful. Butter, margarine, lard and the vegetable fats or oils yield about the same number of calories each—100 per scant tablespoonful.

Britain And U. S. Will Revive Study Of Japs' Demands

(Continued from Page One.)

ed Japanese equality will work out in practice, and whether Japan intends actually to build a fleet equal to those of Great Britain and America.

It further was understood the United States delegation now is considering formal presentation of President Roosevelt's proposal of an all-around 20 percent reduction in all fleets.

Earlier, informed Japanese circles said Admiral Osama Nagano, chief Tokyo delegate to the international conference, was convinced the die was cast against the Japanese and predicted the parley soon would collapse. The Japanese said they understood the delegations of the other great sea powers virtually had reached a decision to vote Monday on Tokyo's demand for fleet equality, with no doubt as to the result.

Immediately after reporting this action to Tokyo, authoritative sources said the Japanese delegation expects to receive instructions to withdraw formally from the session, probably Wednesday or Thursday.

REPORT OF THE CONDITION OF THE Citizens Bank and Trust Company

At Henderson, North Carolina to the Commissioner of Banks At the Close of Business on the 31st day of December, 1935

ASSETS	
Loans and discounts	\$ 969,668.80
Overdrafts	6.25
United States Gov. obligations, direct and or fully guaranteed	51,373.04
Other bonds, stocks, and securities	144,297.44
Total Loans and Investments (Items 1 to 4)	\$1,165,345.53
Banking house \$30,000; Furniture and fixtures \$7,699.04	37,699.04
Real estate owned other than banking house	38,997.98
Cash in vault, exchanges, cash items, and balances with other banks	1,924,410.70
Other assets	22,548.12
TOTAL ASSETS	\$3,189,001.37

LIABILITIES	
Deposits of individuals, partnerships or corporations payable on demand or within 30 days	\$1,476,069.01
Time deposits of individuals, partnerships or corporations payable after 30 days or subject to more than 30 days' notice	1,057,802.48
Public funds of States, counties, school districts, municipalities or other political subdivisions	142,118.58
Deposits of other banks, cash letters of credit, certified, officers' and travelers' checks outstanding	15,161.47
Summary of Items 12 to 16, inclusive:	
(a) Secured by pledge of loans and or investments \$142,118.58	
(b) Not secured by pledge of loans and or investments 2,549,032.96	
(c) TOTAL DEPOSITS	\$2,691,151.54
Other liabilities	10,296.49
Capital account:	
(b) First preferred stock sold to R. F. C. 5000 shares par \$25.00 per share, redeemable at \$25.00 per share \$125,000.00	
(e) Common stock, 5000 shares, par \$25.00 per share \$125,000.00	
(f) Surplus	12,500.00
(g) Undivided profits—net	58,873.36
(h) Reserved for contingencies	166,374.98
	487,553.34
TOTAL, including capital account	\$3,189,001.37

STATE OF NORTH CAROLINA
COUNTY OF VANCE,

Roy O. Rodwell, Cashier, W. A. Hunt, Director, and J. C. Cooper, Director of the Citizens Bank and Trust Co., each personally appeared before me this day, and, being duly sworn, each for himself says that the foregoing report is true to the best of his knowledge and belief.

ROY O. RODWELL, Cashier
W. A. HUNT, Director
J. C. COOPER, Director.

Sworn to and subscribed before me this 9th day of January, 1936,
C. E. HIGHT, Notary Public.
My commission expires February 27, 1936.

Motorists Warned To Get 1936 City Auto License Tag

Chief of Police J. H. Langston this afternoon voiced a fresh warning to automobile owners in the city to obtain immediately their new 1936 City of Henderson automobile license plates and display them on their cars. He said that from this time on those bringing out their cars without the licenses would be subject to arrest, and that the police intend to enforce the ordinance requiring the licenses. Those taken in by the officers, the chief said, would be required to buy a license thereupon or take their chances in court.

SALVATION ARMY'S PROGRAM STUDIED

Adjutant Willett Has Returned from Conference of Workers Held at Charlotte

Adjutant Joseph Willett, corps commander of the Salvation Army in Henderson, has returned from Charlotte, where for several days he attended a conference of officers in the Carolinas district. Commander Pugmire, in charge of 15 southern states, was present from the Atlanta headquarters and presided at the meeting. Assisting in the conduct of the meeting were Commissioners Bruno Fielder and Colonel Aaby, the latter of Winnipeg, Canada.

It was announced at the meeting that 10,000 Bible League members under Salvation Army direction in the 15 southern states in the district, have been enrolled with a pledge to read the Bible systematically daily, so as to complete the reading in 1936. In Henderson, 18 have become members of this organization. The daily Scripture readings are contained in the weekly issues of the War Cry, official publication of the Army.

SEVEN ROOM HOME BURNED YESTERDAY

A seven room farm residence, occupied by Henry Finch and family, was burned yesterday afternoon near Ingleside, with very little of the furnishings being saved. It was learned here today.

The house was the property of Rev. and Mrs. J. U. Teague, this city, and was understood not to have been insured.

According to the information, the fire originated in a closet in the home and when Mrs. Finch opened the door discovering the fire, she was almost burned as the flames leaped out and swept through the home rapidly.

WAYNICK HOPEFUL OVER AAA FUTURE

Chapel Hill, Jan. 10—Evidently referring to the Supreme Court decision on the AAA, Capus M. Waynick, chair man of the State Highway and Public Works Commission, told a Jackson dinner audience of 113 here last night that "political motives are far more important than political methods."

Jefferson, the founder of the Party, doubtless had this idea in mind when he expressed the opinion that the Constitution should be amended every 19 years, Mr. Waynick said. "The important thing today for the people to determine which way the nation should go and choose the agency which they think will steer us in that direction," the speaker asserted. "There is every reason to believe the present economic advance will continue if given the right sort of encouragement."

1915-16 German planes attempting to bomb England foiled by Channel weather.

HIGH CAGERS MEET ROANOKE RAPIDS

Henderson high school's boys' basketball team was to go to Roanoke Rapids tonight to engage the Yellow Jacket five at that place in their first major game of the season. Henderson dropped a practice tilt here this week to an All-Star aggregation. Crosby will probably start Hicks and Ayscough at forwards; Goodrich, center, and Turner and Insoce at guards. Others to make the trip were Thomas Rideout, manager, Billy Alston, Billy Dunn and Billy Vaughan.

Rural Churches

NEW SANDY CREEK BAPTIST. Rev. L. B. Reavis, pastor. Sunday school 10 a. m. Chifton Faulkner, superintendent. Preaching at 11 a. m. by Dr. A. D. Wilcox, president of Louisburg College. 7:30 p. m. Preaching by the pastor. The public is cordially invited.

MIDDLEBURG METHODIST CHURCH

Rev. Dwight A. Petty, pastor. Services Sunday. Tabernacle church, worship service 11 a. m., sermon by the pastor. Sunday school 10 a. m. Y. B. Brewer, superintendent. Drewry church: Worship service 7 p. m. Sermon by the pastor. Sunday school at 10 a. m. R. T. Walston, superintendent.

The little Green Tree-Frog have a reputation as weather prophets in Germany.

PENDER'S "The Home of The Best Meats"

- Native Pork
- Pork Hams 29c/lb
- Pork Shoulders 25c/lb
- Back Bones 29c/lb
- Sides 25c/lb
- Pork Sausage 25c/lb
- Pork Roasts 25c/lb
- Pork Loin Chops 30c/lb

"Corn Fed" Western Beef

- Chuck Roast 19c, 17c/lb
- Rib Roast 25c and 21c/lb
- Boned and Rolled
- Brisket 23c/lb
- Rump Roast 25c/lb
- Sirloin Tip Roast 33c/lb
- Lobe Roast 25c/lb
- Round Steak, 29c, 25c/lb
- Sirloin Steak 33c, 29c/lb
- Porter House Steaks 43c and 39c/lb
- Club Steaks 29c/lb
- Fillet Mignon 33c/lb
- Boneless Stew 17 1-2c/lb
- Fresh Ground Beef 17 1-2lb

MILK FED VEAL

- Shoulder Chops 19c/lb
- Rib Chops 19c/lb
- Roast From
- Shoulder 25c/lb
- Boneless Veal For Salad 20c/lb

Cold Meats

- Cold Pressed Loaf 29c/lb
- Morrell's Pride Liver Cheese 29c/lb
- Spiced Ham 39c/lb
- Boiled Ham 55c/lb
- Chip Beef 15c/Pkg
- Salami 39c/lb
- Va. Oysters 45cQt
- Va. Sel. Oysters 55cQt
- Fresh Crookers, 4lb 25c
- Salt Mulletts 15c/lb
- White Lake Herring 15c/lb

PENDER'S MARKET Next to Fire House



Good Laundry Work Promptly Done

When You Call Phone 508

A call brings our courteous driver to your door for your soiled clothes. A few days later he returns them sweet and clean. For how can dirt resist the great amount of pure water and soap we use? For real laundry satisfaction call us!

Several Services

We have five different services—one will just fit your needs—ask our driver for details.

Henderson Steam LAUNDRY

Phone 508

PENDER

You'll Find Plenty of Savings In These 19¢ Bargains!

Colonial Fresh Packed LIMA BEANS 2 No. 2 cans 19c	Select Sliced Bacon 1-2 lb. pkg. 19¢ Sheep Casing Franks 19¢ lb. Argo Red Salmon Tall Can 19¢
Fresh Our Pride or Pullman BREAD 2 Loaves 19c	Fancy Quality Dried Beans Pintos 4 lbs. 19c Baby Limas 3 lbs. 19c

Fantana Soda Crackers 2 1 lb. pkg. 19c	Libby's or Gerber's Baby Foods 2 Cans 19c
Choice Evaporated Apples 2 Pounds 19c	

- Colonial Catsup, 2 14 ounce bottles 19c
- Peanut Butter, 2 8 ounce jars 19c
- Jersey Corn Flakes, 3 pkgs 19c
- Postum Cereal, 18 ounce pkg. 19c
- Grape Nuts, package 19c
- N. B. C.—O-So-Gud
Chocolate and Van. Cookies, 2 pkgs. 19c

WIGHT SINCE 1868
CHAMPION OF RYE WHISKIES
Good Whisky Priced Right
MARYLAND HUNT CUP

QUALITY MEATS

TURNER'S MARKET
Phones 304-305

SPECIALS

- 3 tall cans Mackerel 25c
- 10 lb. bag table corn meal 20c
- No. 3 can tomatoes 10c
- 100 lb. bag 16 per cent dairy feed \$1.50
- 100 lb. bag meat salt 90c
- 3-No. 2 cans mixed vegetables 25c

BLUE BELLE FLOUR IS DELICIOUS
DICKSON & COMPANY
Wholesale and Retail
123 Homer Street Phone 659

The Green Light says GO!

The dangerous curves, rough roads, and stop lights of the depression seem well behind us as our Nation enters the broad open highway of 1936. To business this year, the green light says, "GO!"

It is time to go forward. The vitality of our economic system and natural recuperative forces are rapidly aiding business recovery. The New Year offers new opportunities for achievement and accomplishment. This bank is ready to meet the increased demands of greater business activity. We offer our facilities, services, and encouragement to all who strive for better times and financial progress throughout the year.

First National Bank
Henderson, N. C.