PAGE TWO

HENDERSON. (N. C.) DAILY DISPATCH, FRIDAY, JANUARY 10, 1 936.

Motorists Warned

the licenses. Those taken in by

the officers, the chief said, would

be required to buy a license there-

upon or take their chances in

Conference of Workers Held

at Charlotte

Adjutant Joseph Willett, corps com-

quarters and presided at the meeting.

Assisting in the conduct of the meet

PROGRAM STUDIED

SALVATION ARMY'S

court.

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

Counting the calories" is one way 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 prowide a balanced diet for the family. says the Bureau of Home Economics of the U.S. Department of Agricul-

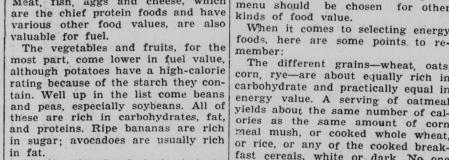
So what are calories? What does it mean when the nutritionist says that and they get it in their food. a moderately active man needs about -3,000 calories per day, and a moderate tains substances the body can burn. ly active woman about 2.200 calories Calories are units of measure, the fats, and proteins. All foods contain Bureau explains. Applied to food they one or more of these substances, measure its value as fuel for the hu- therefore all foods have some fuel



THE MEANING OF CALORIES | man body. A slice of bread for example, yields so many calories of to tell whether we are eating enough, fuel value, or energy. A serving of too much, or too little. For the av- meat, of vegetables, fruit, milk, buterage individual, however, counting ter, sugar, each wield so many calocalories is not very practical, and as ries—and the count of the calories in a matter of fact, with a varied diet, all the foods that go to make up three It is probably not important so long meals a day shows whether those as one's weight remains about normal 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 cal-

ories of energy each day, the average moderately active woman uses about 2,200 calories. Therefore they need fuel enough to furnish those caloroes, Food serves as fuel because it con-Those substances are carbohydrates,

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 carb drates; and butter and the margarines, lard and the vegetable oils, which are concentrated fats. Meat, fish, aggs and cheese, which



On the other hand, foods that are



Phones 304-305

SPECIALS

3 tall cans Mackeral	. 2
10 lb. bag table corn meal	. 20
No. 3 can tomatoes	. 10
100 lb. bag 16 per cent dairy feed	\$1.5
100 lb. bag meat salt	. 90
3-No. 2 cans mixed vegetables	. 2

watery and fibrous, like the greens, cabbage, broccoli, celery, okra, or tomatoes, cucumbers, sauerkraut, rhubarb, 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, mamtain 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 vegetables like tomatoes, and a juicy fruit. These would furnish minerals and vitamins to supplement the carbohydrates if bread and potatoes or sweetpotatoes, mire, in charge of 15 southern states, 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 ing were Commissioner Bruno Friedbread and butter, meat and potatoes, milk or cheese, the energy foods are Winnipeg, Canada. 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 re-

The different grains-wheat, oats, 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,

fast 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 tablesspoonful. Butter, margarine, lard and the vegetable fats or oils yield about the same number of calroes each-100 per scant tablespoonful.

Britain And U.S. Will Revive Study

(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. States delegation now is consider-

HIGH CAGERS MEET **ROANOKE RAPIDS**

To Get 1936 City Henderson high school's boys' bas-Auto License Tag ke" all 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. Hender-Chief of Police J. H. Langston son dropped a practice tilt here this this afternoon voiced a fresh warning to automobile owners in week to an All-Star aggregation. Crosby will probably start Hicks and the city to obtain immediately Ayscue at forwards; Goodrich, center, their new 1936 City of Henderson automobile license plates and disand Turner and Inscoe at guards. play them on their cars. He said Others to make the trip were Thomas that from this time on those Rideout, manager, Billy Alston, Billy bringing out their cars without Dunn and Billy Vaughan. the licenses would be subject to arrest, and that the police intend to enforce the ordinance requiring

Rural Churches NEW SANDY CREEK BAPTIST.

Rev. L. B. Reavis, pastor. Sunday school 10 a.m. Clifton Faulkner, superintendent. Preaching at 11 a. m. by Dr. A. D.

Wilcox, president of Louisburg Colege. 7:30 p. m. Preaching by the pastor.

The public is cordially invited. Adjutant Willett Has Returned from MIDDLEBURG METHODIST CHARGE

Rev. Dwight A. Petty, pastor. Services Sunday.

Tabernacle church, worship service mander of the Salvation Army in Henderson, has returned from Chara. m., sermon by the pastor. Sunday school 10 a. m. Y. B. Brewlotte, where for several days he attended a conference of officers in the er, superintendent. Carolinas district. Commander Pug-

Drewry church: Worship service 7 p. m. Sermon by ne pastor. the pastor. was present from the Atlanta head-Sunday school at 10 a. m. R. T Walston, superintendent.

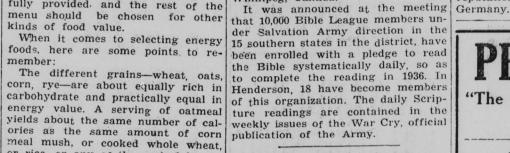
erick and Colonel Adby, the latter of The little Green Tree-Frog have a reputation as weather prophets in

PENDER'

Meats"

'The Home of The Best

Native Pork



SEVEN ROOM HOME **BURNED YESTERDAY**

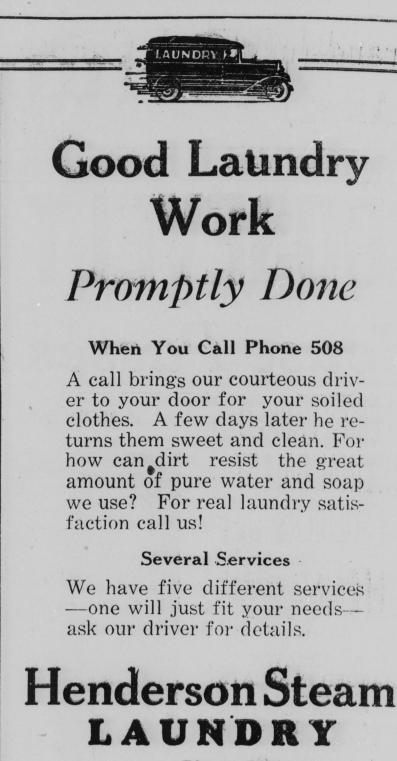
A seven room farm residence, oo cupied by Henry Finch and family. was burned yesterday afternoon near Ingleside, with very little of the furnishings being saved. it was learned here today. The house was the property of Rev.

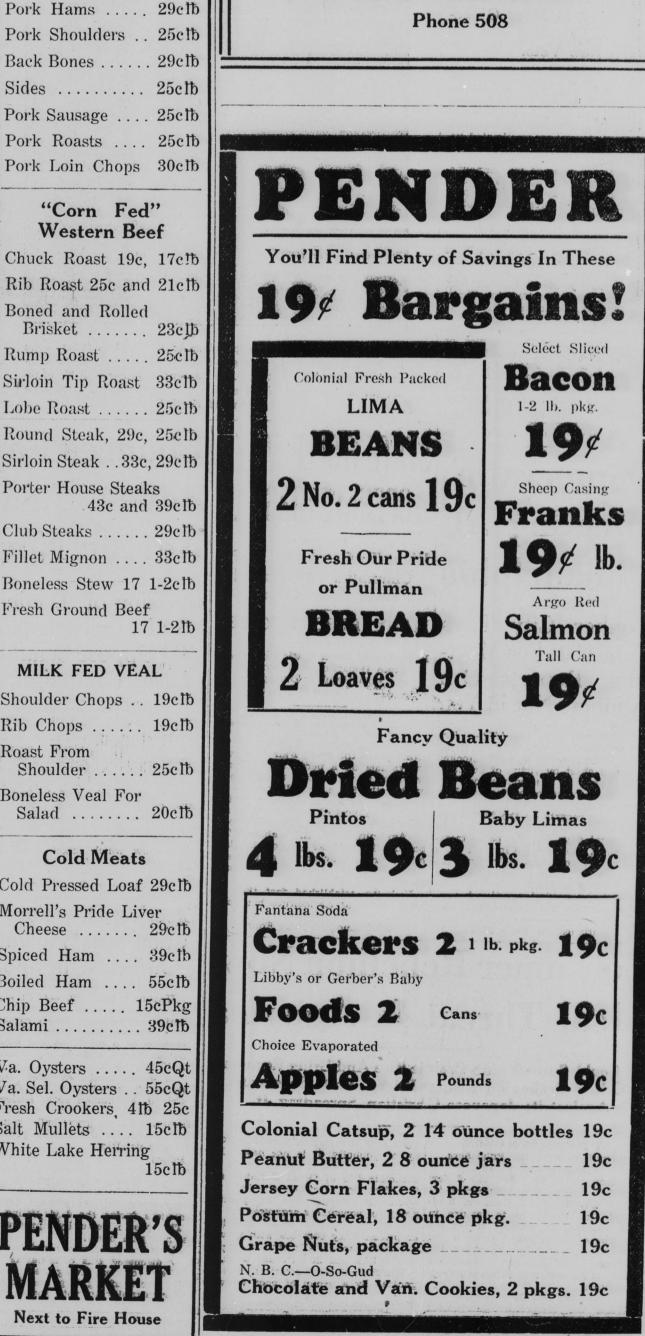
and Mrs. J. U. Teague, this city, and was understood not to have been insured

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 Of Japs' Demands 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 It further was understood the Unit- man of the State Highway and Public Works Commission. told a Jackson ing formal presentation of President Roosevelt's proposal of an all-around that "political motives are far more





BLUE BELLE FLOUR IS DELICIOUS **DICKSON & COMPANY** Wholesale and Retail 123 Horner Street Phone 659 The Green Light says The dangerous curves, rough, roads, and stop lights of the de-pression seem well behind us as our Nation enters the broad open highway of 1936. To bus-

It is time to go forward. The vitality of our economic system and natural recuperative forces are rapidly aiding busi-ness 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.

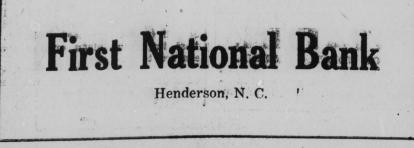
ST

CO

Ro

iness this year, the green light

says, "GO!"



Earlier, informed Japanese circles	important than political methods." Jefferson, the founder of the Party,	Ru
okyo delegate to the international	doubtless had this idea in mind when he expressed the opinion that the	Sir
nference, was convinced the die was st against the Japanese and pre- cted the parley soon would collapse.	Constitution should be amended every 19 years, Mr. Waynick said.	Lol
	"The important thing today for the people to determine which way the	Roi
wers virtually had reached a de-	nation should go and choose the agency which they think will steer	Sirl
mand for fleet equality, with no	us in that direction," the speaker as- serted. "There is every reason to be-	Por
Immediately after reporting this ac-	lieve the present economic advance will continue if given the right sort of encouragement."	FOR
id the Japanese delegation expects receive instructions to withdraw	1915—16 German planes attempting	Clu
rmally from the session, probably	to bomb England foiled by Channel weather.	Fill
REPORT OF THE C	CONDITION OF THE	
Citizens Bank and	Trust Company	Bor
At Henderson, North Carolina t At the Close of Business on th		Fre
ASSE	ETS	1
erdrafts	\$ 969,668.80	M
nited States Govt. obligations, direct	and or fully guaranteed 51,373.04	IV.
her bonds, stocks, and securities Total Loans and Investments (Iten		Sho
inking house \$30,000; Furniture and	fixtures \$7,699.04 37,699.04	Rib
eal estate owned other than banking sh in yault, exchanges, cash items, and	house	Roa
her assets		S
and the second	\$3,189,001.37	Bon
posits of individuals, partnerships or		S
on demand or within 30 days	\$1,476,069.01	1
me deposits of individuals, partnershi after 30 days or subject to more	ps or corporations payable e than 30 days' notice 1,057,802.48	-
blic funds of States, counties, school districts, municipalities or		
other political subdivisions		
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		
)) Not secured by pledge of loans and	or investments 2,549,032.96	Spic Boile
(c) TOTAL DEPOSITS	\$2,691,151.54	Chip
her liabilities pital account:	10,296.49	Sala
b) First preferred stock sold to R.		
par \$25.00 per share, retirable at \$ e) Common stock, 5000 shares, par \$2		Va.
) Surplus	12,500.00	Va.
g) Undivided profits—neth) Reserved for contingencies		Fres
	487,553.34	Salt
TOTAL, including capital accoun ATE OF NORTH CAROLINA UNTY OF VANCE, a	at \$3,189,001.37	Whit
y O. Rodwell, Cashier, W. A. Hunt, I the Citizens Bank and Trust Co., each , and, being duly sworn, each for hims	n personally appeared before me this	P
e to the best of his knowledge and bel	lief.	1,1
N	OY O. RODWELL, Cashier V. A. HUNT, Director.	N
J. orn to and subscribed before me this t	C. COOPER, Director. the 9th day of January, 1936	IV.
C. E. HIGHT, Nota	ry Public.	N
My commission expires February 2	41, 1930,	