

# Life Insurance is the flower of love surviving the frost of death.

## FOUR WEIGHTY REASONS FOR LIFE INSURANCE.

**FIRST**—Statistics tell us that only two men in one hundred succeed in business.

**SECOND**—That only one man in thirty has sufficient for old age.

**THIRD**—That in the settlement of valuable estates scarcely one per cent reaches or maintains the valuation of the Testator.

**FOURTH**—That the number of contested wills is very large.

IF YOU could pay the cost of a life policy and neglected to do so, it's a mean thing for you to go up to Heaven, while your family go to the poorhouse. You, at death, move into a mansion, river front, and they move into two rooms on the fourth story back of a tenement house. When they are out at the elbows and knees, the thought of your splendid robe in Heaven will not keep them warm. The minister may preach a splendid sermon over your remains and the quartette may sing like four angels in the organ loft, but your death will be a swindle.

TALK WITH ME BEFORE IT IS TOO LATE.

**Monroe Insurance & Investment Company.**  
Office in Bank of Union Building. G. B. GALDWELL, Manager.

# Billions of Dollars

That heretofore have been stored away in vaults and safety deposit boxes are being taken from hiding and loaned to our allies in this war.

# This Vast sum

Will not be sent out of the country. It will be spent here for foodstuffs and the thousand and one other supplies that must be sold to our allies for the support of their armies and civil population. The articles must be raised and made in this country, by our own people.

# Millions of Americans

Will be employed in this work, with factories running over time and farmers utilizing every hour of the day-light. Much of that money will even find its way right into our own local community, and every citizen will be proportionately benefited.

# The hrewd Merchant

Will heed the doctrine of commercial preparedness, and will begin now to advertise his wares in this paper, for it is a self evident fact that the spender will go to the merchant who makes the most attractive bid for his business, whether that merchant be local or foreign.

—THE MONROE JOURNAL.

## THE MOTHER IS IN CHARGE OF THE HUMAN GARAGE

Mr. McNutt Says That She Is Master Mechanist Which Repairs Bodily Machine and Must Know Her Job—The Way to Have Perfect Food Which Is the Way to Perfect Life.

(For years George L. McNutt has worked with and used this system of getting the brains, minerals and vitamins in cooking. His system is the result of more than twenty thousand experiments. Since he began his work other scientists have discovered vitamins, and such discoveries are gradually going to revolutionize cooking. For years George L. McNutt's daily work went unappreciated. But now, when every pound of food and every unit of energy counts in winning the war, George L. McNutt's work goes to the French government, the English government and to our own government. It is revolutionary, but it is simple and practical—and can be used by any alert housewife. Its successful use means immense saving in food, greater energy from all foods used, and greater saving in heat costs. This is the first time that Mr. McNutt's principles and methods have been put into print.—Editor's note.)

Back of the specter of hunger is the spectre of Fashion. Dethrone Fashion and war bread, peace bread, better bread, 100 per cent bread, bread with all the priceless minerals, all the dynamic vitamins, all the bulk-giving, heat-giving bran is to be had for the asking; and the milling by a different process. The secret is no secret. It is to grind the grains wet as old as the race. It is the one way by which families however isolated in the wilderness can make use of any grains available in the neighborhood. Socialized interdependence is the Dream Beautiful. The individualistic independence of pioneers and primitive peoples point the way, with modern machinery, to the means by which to quickly dispel the fear of hunger and fill the world's bread basket.

**Golden Brans Rejected.**  
Fashion and "certain wise men" forbid the use of grains as they grow. Fashion as tyrannical as rulers by divine right, for the sake of snowy whiteness, rejects the golden priceless bran of the rice, rejects 27 per cent of every grain of wheat, and in the North at least, as a rule, the germ and the bran of Indian corn.

**Should Mill Grains Wet.**  
Of the sixteen mineral elements that build the human body, fourteen are found in wheat. Is it little less than a crime to reject twenty-seven per cent of what Nature has so ingeniously milled and digested in ages past from the rocks and by the digestion of vegetation stored these body building minerals in the golden grain? Fashion with its finely bedded foods and its soft mushes has created a vast standing army of the constipated, invaluable to specialists and vendors of cure-all drugs and exploiters of the magical virtues of bran, when put up in high priced packages. There is magic in bran, especially when ground wet with all that has been put up in the air tight package of each grain. Milling grains wet and hot retains 100 per cent of all that is in the grains; retains the bran, and best of all perhaps, so thoroughly saturates the bran that breads made from any of the grains are pleasingly palatable and need no baking powder or soda to make them light.

The English soldiers in India, cursed by the concentrated, scientifically balanced rations devised by the British war office, found a friend in Kipling, when he wrote back to London, "What Tommy Atkins Needs is Bulk on His Inside."

**The Right Way.**  
Partial cooking of the grains and milling them while they are hot is akin to the natural Mexican method of soaking corn over night in lye or lime water to loosen the husks, and then grinding it wet between rough stones and later by special hand grist mills made in America. The partial cooking, before grinding, has one peculiar virtue, it makes the dough of corn and any grains elastic like the best roller process wheat flour.

**The Machinery.**  
To mill grains wet—Use any food chopper that has a wheel for making nut butter that has fine grooves. The regulation meat choppers have no such wheel. Food choppers have wheels that chop meat, vegetables and a special wheel to chop nut butter. It is with the fine grooved nut butter wheel that any of the grains, when cooked just enough to saturate them, can be ground while hot into shreds. From these shreds breads can be made in great variety that conserve 100 per cent of

what Nature has stored in these grains for the fuel and repair of human machinery.

One can use also very successfully the little hand or power grist mills that are used so much by the Mexicans. These have steel burrs. By slightly loosening them one can shred the moist hot grains. With these machines one can also grind the grains into meal or flour. The medium-sized food choppers or the smallest grist mill is the best for woman's strength. The larger sizes are the old time sawbuck to give athletic boys a chance to do their economic bit in war and peace. In grinding, fasten the machine near the end of a table, close to the corner so as to put the weight of the body behind the arm. Of the grist mills, especially designed for wet grinding, there is the Mocktequina, the Nixamal, and the Quaker. These vary in price from \$2 to \$5. A machine costing fifty dollars run by electric or other power would do the milling for a neighborhood. In this article reference is made mainly to food choppers which many families possess and can be had at or through any hardware store for a dollar and a half to three dollars, according to size. To save repetition I call the smallest wheel the shredding wheel, the next largest the flaking wheel, and the next largest the crackling wheel.

**The Method.**  
Partly boil the grains. Save any water to use later. Grind the grains hot. The time to cook the different grains varies with the thickness of the bran coats, greatest in corn, least in rice. The time also varies according to the size of the grains. Larger grains require longer time. Saturated too much the grains will gum and back up in grinding; too little the grinding is impossible or very difficult and the product is mealy and not elastic. There is a just rightness or knack in everything pertaining to foods, whether it is milling, cooking, eating and giving the digestive machinery an atmosphere of hilarious cheerfulness, to secure without bodily poisons the subtle materials that make possible the 100 per cent life.

**Corn Ideal Emergency Food.**  
Each continent has given the world a fundamental food—Europe wheat, Africa lentils, Asia rice, America corn. Indian corn is America's gift to the world. The potential yield is over two hundred bushels to the acre. Two southern boys, Jerry Moore of South Carolina, thirty years ago, and a North Carolina boy recently, have carried the yield of an acre up to two hundred and fifty-four bushels. Such boys are worth more to the country than some congressmen. The average yield of corn to the acre in America is pitifully small—not quite 26 bushels; and at that it is almost exactly double the average yield of wheat. Corn is America's ideal emergency food. Henry Watterston's eloquent plea to the American people in the world crisis to "Eat Corn" is timely and scientific. I earnestly wish he would write another article as eloquent as only "Marsa Henry" can to the American boys to raise not less than one hundred bushels of corn to the acre. The poet whom he says has failed as yet to see the chance to glorify Indian corn in verse may arise in the present crisis. It is easily possible that the war may be won by grains of corn as well as bullets.

**Milling Corn.**  
To mill corn:  
1. Boil dry shelled field corn twenty to thirty minutes.  
2. Drain.  
3. Save the water.  
4. Grind with the crackling wheel.  
5. Regrind at once with shredding wheel.  
6. Turn the shreds into a mixing bowl.  
7. Add salt and shortening.  
8. Add milk or water very carefully. It is easy to get the shreds already moist, too wet.  
9. Knead the shreds together with a wooden potato masher, exactly like mashing potatoes, until you have a dough of the consistency and elasticity of flour biscuit dough.  
10. Turn out on a bread board, using just enough flour on the board and the dough to prevent sticking.  
11. Knead lightly.  
12. Roll out to the desired thickness to make biscuits, crackers, bread sticks, wafers or even pie crusts.  
13. Bake, as you would flour biscuit or crackers or wafers.

Note—The partial cooking of the starch in the corn is the secret of the elasticity of the dough making possible the much wider use of corn.

**Bread, Cakes, Dodgers.**  
To make corn bread or dodgers, or batter cakes, add enough water or milk to make shreds of the consistency necessary to make good corn meal gems or bread. Make the top very wet, almost a slush like spread bread, bake in a very hot oven. The bread without any baking powder or soda will be light, the flavor surprisingly good. Southern people, who are judges of corn bread, unhesitatingly and enthusiastically declare that wet process milling bread is the best they have ever tasted. There is a reason. It is 100 per cent of Nature's gift, converted in milling or cooking into human food, without the loss of minerals, vitamins, or bran.  
Use any water left from boiling, to make bread or use it in gravies or soups, or add a little cream and salt and drink it hot. It is as good as many soft drinks and is full of valuable mineral elements.

**Real Wheat Bread.**  
Wheat—Boil wheat ten to twelve minutes, or if it is hard spring wheat fifteen to twenty minutes. Grind just once with the shredding wheel. If it inclines to gum spread it out two or three minutes until the moisture on the outside has dried off, proceed exactly as with the corn. Or fill a bread pan with the shred without shortening, press lightly together after it has baked three to five minutes, then bake twenty to thirty minutes. Instead of slicing it break and find how sweet it is. We call this the Nona loaf in memory of a little girl whom we cared for once for a short time while her mother was working where they wouldn't have children about. The little girl

ate it so ravenously and became so cheerful and playful from the use of it that we named it for her.

**Baking Barley.**  
Barley—Coarse barley, that is barley with the husks off and the bran left on; boiled ten to twelve minutes and made up and baked like corn or wheat is very delightful.

**Black Bye Bread.**  
Rye—Boil rye eight to twelve minutes. Delightful bread can be made from the shreds like corn and wheat. The bread should be light, delicate, sweet and nutritious, but black as a bat. To draw the color line in food-stuffs is folly.

**Add Then Oats.**  
Oats—Whole grain oats, shelled in the market groats, will called with two to five minutes boiling. These are hard to get. Oatmeal, that is rolled oats, is already partially cooked. To mill the oatmeal moisten very cautiously with water or milk once, stir thoroughly, grind, make into a dough like the corn and mix into scones, biscuits, wafers or bread. The breads will be delightful, very sweet, wholesome and nourishing. The Scotchman's retort to the Englishman's taunt, "In England we feed the oats to horses," was very apt. Said the Scotchman, "Where do you find finer horses than in England or finer men than in Scotland?"

**Rice Bread.**  
Rice—Do not boil rice, that is to be shredded. It is sure to gum. Pour one cup of water boiling hot over one cup of rice. Let it stand covered an hour or more, shred cold and wet. Very delicate bread in gem or loaf form can be made from the rice.

**Bread From Bread Scraps.**  
Surprising good bread can be made from hard, cold stale scraps or crusts. Moisten a little, grind with the flaking wheel. To make a biscuit, add a little shortening, roll into dough, fairly thin and bake like beaten biscuit. It is better to prick it with a fork and let it stand an hour, or over night even before baking. Shorten and roll thin and bake into home made crackers.

**Unshortened Bread.**  
A pleasing unshortened bread can be made from any of the grains, as follows:  
Fill an English muffin ring or gem pan heaping full of the moistened shreds, heat in the oven a few minutes, then press the shreds together lightly with a potato masher. Bake them or steam them for twenty minutes and then bake them in an oven. When just right, it is very tasty and in cases of impaired digestion very valuable as a bread with butter or as a cereal.

Any of the grains can be cooked and ground into shreds as stated above. Then dry out in slow oven or over the stove or on a radiator or out in the sun. When "bone dry" put the shreds away in jars or boxes or bags and they are ready for quick use at any time in this way. Place a sufficient amount of the shreds in a mixing bowl, cover with boiling water or milk, let them stand five minutes covered. They can then be worked down into a dough and from a dough to a batter just as with freshly ground shreds.

**Delightful Combinations.**  
The wheat, oatmeal or rice shreds can be combined delightfully in layers or raisins, berries, peaches and apples and other fruits, making a much more digestible dish than the usual pastry products.  
Any woman will see, who has ever made bread, how very excellent a brown bread could be made from the fresh or dried shreds.  
In milling the proper position is to put the mill close to the corner of a firm table, so as to put the weight of the body behind the arm in grinding.

**Breakfast Foods.**  
If anyone will take the trouble to calculate the price per bushel of the

**Hopes Women Will Adopt This Habit As Well As Men**  
Glass of hot water each morning helps us look and feel clean, sweet, fresh.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place.  
Instead of the thousands of sickly, anemic-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "rundowns," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere.

An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

Those subject to sick headaches, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, yellow complexion and who are constipated very often, are urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the quick and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that inside cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.

wheat or corn in the usual breakfast foods it will be surprising to find how the price runs from five dollars up to thirty dollars per bushel! This makes an expensive luxury.

Thoroughly satisfactory breakfast foods can be made in any home or community in two ways. First boil the grains according to the time table given for making bread, toast the shreds or flakes at once very carefully in an oven or in a spider on the stove or under a broiler or grill and put them away to dry out thoroughly.

It is better perhaps to dry the shreds out and then toast them very lightly and put them away. Then they are ready with a moment's (Continued on Page Three.)

# Wants

One cent a word each insertion.

**WANTED**—Girl of refinement for nurse in Christian home. Must have good disposition and be fond of children. Permanent position. Salary \$20.00.—Cleve Stallings, Littleton, N. C.

**FOR RENT**—A four room cottage with all conveniences, on West Jefferson avenue.—T. L. Crowell.

**FOR RENT**—Six room cottage with modern conveniences.—H. E. Copple.

**FOR SALE**—Pedigreed Rufus Red Belgian Hares. Satisfaction guaranteed. Prices reasonable considering quality.—Jas. M. Liming, 924 S. Beacon St., Muncie, Ind.

**LOST**—Between Monroe and Bakers, misses artisan cloth coat. Finder please leave at Journal office.—J. L. Polk, Mineral Springs, N. C.

**EIGHTEENTH SERIES** of the Peoples Building and Loan Association of Monroe is now open and shares may be had dated May 5th. Only twenty-five cents per week pays for a share and you save money in this way so easy that you don't know it. Every one should have at least a few shares.—E. C. Carpenter, president; R. F. Beasley, secretary and treasurer.

**WATT ASHCRAFT**, Veterinarian.—Day calls, 113; night calls, 191-R. Office on Franklin street, Monroe, N. C.

**LADIES CAN** secure a car from J. C. Maynor with the assurance of courteous treatment and careful drivers. Just call either 318 or 172-R.

**SHETLAND PONIES**—Special summer sale.—Write E. L. Andrews, Bristol, Tenn.

**WANTED**—Old false teeth, don't matter if broken, I pay \$2 to \$15 per full set, single and partial plates in proportion. Send by parcel post and receive check by return mail.—F. TERL, 403 N. Wolfe Street, Baltimore, Md.

**PLEASE CALL** at any time for hack work.—Henry Lily, Phone 268.

**H. E. COPPLE'S** furniture store has a full line of all kinds of furniture and it pays to call there before you buy.

**EASY WAY** to save money and get a start in the world—the building and loan way. It has started many a family on the road to independence. Eighteenth series of the Peoples now open.—E. C. Carpenter, president; R. F. Beasley, secretary and treasurer.

**W. O. LEMMOND**, Attorney-at-Law. Office in Law Building, old Library Room, Monroe, N. C. Will practice in all the State and Federal Courts. Will give special attention to collection of claims and settlement of estates by administrators and executors.

**DR. R. L. PAYNE**, Physician and Surgeon, MONROE, N. C. Office in old Postoffice Building, over Union Drug Co. Office hours 11 to 12 a. m., and 2 to 4 p. m. Residence Phone, 273-R.

**Dr. B. C. Redfearn**, Dentist, Office one door South of Bruner's Store. MONROE, N. C. Phone 282. At Marshville on first and third Mondays of each month and at Matthews second and fourth Monday.

**MRS. JULIA R. PRICE**, Registered Nurse, Monroe, N. C. Phone 317. Residence 208 East Windsor.

**DR. R. H. GARREN**, PHYSICIAN AND SURGEON. Office over Hamilton-Liles Co. Store. Office Phone No. 258. Residence Phone No. 15-J. MONROE, N. C.

**DR. G. M. SMITH**, Physician and Surgeon, MONROE, N. C. Office over The Union Drug Store, Monroe, N. C. Calls answered promptly day and night Phone 221.

**W. B. HOUSTON**, Surgeon Dentist. MONROE, N. C. Office up-stairs, Fitzgerald Building, Northwest of Court House.

## SAGE TEA BEAUTIFIES AND DARKENS HAIR

Don't Stay Gray! It Darkens So Naturally that Nobody can Tell.

You can turn gray, faded hair beautifully dark and lustrous almost over night if you'll get a 50-cent bottle of "Wyeth's Sage and Sulphur Compound" at any drug store. Millions of bottles of this old famous Sage Tea Recipe, improved by the addition of other ingredients, are sold annually, says a well-known druggist here, because it darkens the hair so naturally and evenly that no one can tell it has been applied.

Those whose hair is turning gray or becoming faded have a surprise awaiting them, because after one or two applications the gray hair vanishes and your locks become luxuriantly dark and beautiful.

This is the age of youth. Gray-haired, unattractive folks aren't wanted around, so get busy with Wyeth's Sage and Sulphur Compound to-night and you'll be delighted with your dark, handsome hair and your youthful appearance within a few days.

This preparation is a toilet cosmetic and is not intended for the cure, mitigation or prevention of disease.