

Feeding the Human Being

(Continued from page two)

matoes, onions, kale, collards, beets, etc.

The addition of fat meat in cooking peas or beans make them a better balanced food, though more difficult of digestion.

The system does not need lean meat served with peas or beans, because both are rich in protein.

Fish, a compact form of protein, calls for potatoes, cole slaw, corn bread, coffee, and semi-acid desserts.

Rabbit calls for potatoes, onions, tomatoes.

Pork, rice in fat, has also good protein content, and calls for potatoes, or big hominy and the coarses green vegetables and apple sauce.

Rice and potatoes are not needed at the same meal. Serve one or the other and save the digestion as well as the purse.

If a woman wishes to become a lawyer, or doctor, or nurse she must take the training necessary for that profession before she is licensed to practice it. What profession can compare in honor and in responsibility to home-making and motherhood?

Is not the feeding of the child's body—the growth and development of bone, blood and tissue—of equal importance with the work of any other profession?

Every housewife is responsible, in a great measure, for the health and happiness of her household. Right at her own table is to be found the cause of much of the unrest and irritability so often exhibited in her household.

Examples of simple, inexpensive meals based on scientific principles.

I. Winter Diet. Pork roast, collards, hominy, cornbread, apple sauce.

II. Rabbit in tomato sauce, potatoes, boiled onions, cornbread, baked apples.

III. Beef stew in tomato sauce, potatoes, cabbage, onions, cornbread.

IV. Steamed steak, potatoes, tomatoes, onions, stuffed prunes.

V. Baked beans, onions, tomatoes, brown bread.

VI. Peas, collards, onions, cornbread, peach soufflé.

Examples of more expensive meals based on scientific principles.

I. Duck, potatoes (sweet), creamed artichokes, lettuce salad, persimmon pudding.

II. Turkey, rice, asparagus, cranberries, celery, pumpkin pie.

III. Roast hen, rice, peas (garden) celery, peach pudding.

IV. Leg lamb, rice, peas, buttered beets, prune whip.

Examples of simple meals, using meat substitutes as a basis for balanced meals.

I. Macaroni and chicken with cream sauce, turnip salad garnished with hard cooked eggs, baked apples.

II. Rice with creamed eggs, fruit salad brown bread.

III. Stuffed onions (left over meats), potatoes, cabbage, cornbread, fruit jelly.

IV. Bean and tomato soup, brown bread and butter, baked apples.

Examples of simple breakfasts based on scientific principles.

I. Fruit, bacon, eggs, coffee, or tea.

II. Fruit, omlet, toasted rolls, coffee.

III. Oatmeal, baked apples, bacon, coffee.

IV. Fruit, baked omelet, toasted rolls, coffee.

V. Baked pears, whole wheat mush, bacon, coffee.

VI. Oranges, brains, toast, coffee.

VII. Grapefruit, sausage, grits, toasted rolls, coffee.

Examples of simple suppers based on scientific principles.

I. Tomato jelly with grated cheese, bread and butter, coffee or tea.

II. Rarebit, muffins, butter, fruit, coffee.

III. Curd cheese salad, bread butter, fruit compote, coffee.

IV. Potato salad with hard cooked eggs and nuts, bread and butter, canned fruit, coffee or tea.

V. Macaroni and chicken with cream sauce, bread, butter, fruit.

VI. Rice with poached eggs in cream sauce, muffins, butter, fruit, tea or coffee.

VII. Hamburg steak blended with thick cream sauce, grits, rolls, coffee.

They let you know you've been smoking—and yet they're MILD

In other words, Chesterfield Cigarettes are MILD—and yet they satisfy. This is something totally new to cigarettes. It goes further than pleasing your taste—satisfy does for your smoking what a juicy slice of hot roast beef does for your appetite.

Chesterfields satisfy—they let you know you've been smoking.

But they're MILD, too—Chesterfields are!

If you want this new cigarette delight (satisfy, yet mild) you've got to get Chesterfields, because no cigarette maker can copy the Chesterfield blend. This blend is an entirely new combination of tobaccos and the biggest discovery in cigarette blending in 20 years.

Liggett & Myers Tobacco Co.

"Give me a package of those cigarettes that SATISFY"

Chesterfield CIGARETTES



They SATISFY!
-and yet they're MILD

10 for 5¢
Also packed 20 for 10¢

SPECIAL NOTICE

THE PUBLIC LEDGER WILL GIVE AWAY TWENTY DOLLARS

This Is No Contest, But a Gift, Pure and Simple In Which All Subscribers Share Alike.

Owing to the phenomenal increase in the price of news print paper, the price of the Public Ledger on October first was advanced from \$1.00 to \$1.50.

Twenty Dollars in Cash
The day on which the new rate went into effect we secured a box and nailed it up tight and cut a hole in the top just large enough to admit a small card, on which is written the name of the subscriber.

The Rules
Only the names of those who pay as much as \$1.50 on their old or new subscription account goes into the box. If they pay as much as \$3.00 we place two cards in the box bearing their names. This is a very simple arrangement, and on January 29th, 1917, at 12 noon sharp, we will open this box in the presence of all who may desire to be in the Public Ledger office at that hour and see a blindfolded boy draw the cards therefrom.

The Four Gifts
Card I.—To the name of the person on the first card drawn from the box goes \$10.00 in cash.
Card II.—To the name of the person on the second card drawn from the box goes \$5.00.
Card III.—To the name of the person on the third card drawn from the box goes \$5.00.
Card IV.—To the name of the person on the fourth card drawn from the box goes the Public Ledger for twelve months free.
Subscriptions payable at the Public Ledger office, or to Mr. R. I. Daniel, our authorized agent.

EASY MARKS FOR PNEUMONIA

Special Warning to Men—Fat Business Men Easy Victims (State Board of Health)
According to today's bulletin from the State Board of Health which contains a special warning to men in particular against pneumonia, there are four classes or types of men who will be brought and shining "marks" for the pneumonia germ this winter. The first is mentioned as the fat, busy business man of forty. He would probably be the easiest victim for the pneumonia germ for the reason he is overfed, overworked, overweight and often overworked. His functional organs, particularly his

heart, have been strained for years, perhaps. He would die from pneumonia where the normal man would likely get well.

The second type embraces three in one—the heavy eater, the heavy drinker and the heavy smoker, not one of which would have scarcely a fighting chance in case of an attack with the pneumonia germ. Their systems are sur-charged with poisons, they have weakened hearts, consequently the chances are greatly against them.

The third is the city office-man who rides to his work, takes no open air exercise, works late at night and whose vitality and resistance are kept so low that he is subject to colds, coughs and pneumonia in particular.

The fourth is the hard laboring man who overstrains at his work and exposes himself unduly to rough weather.

Moderation in all things prevents pneumonia while excess in most anything predisposes to it.

Greatest Care Lowest Prices

WE TAKE EXCEPTIONAL PRIDE IN OUR PRESCRIPTION DEPARTMENT.

THE PUREST DRUGS—THE GREATEST SKILL AND CARE IN COMPOUNDING THEM—THE HONEST ADHERENCE TO EVERY INSTRUCTION—ARE ALL ABSOLUTELY NECESSARY TO GIVE YOU EXACTLY WHAT THE DOCTOR HAS DIRECTED.

YOUR LIFE MAY BE ENDANGERED BY THE SLIGHTEST MISTAKE. SO GO WHERE YOU KNOW YOUR PRESCRIPTION WILL BE HANDLED IN AN ABSOLUTELY SCIENTIFIC AND PROPER MANNER.

WE GIVE PROMPT ATTENTION TO ALL PRESCRIPTIONS. THUS YOU DO AWAY WITH NEEDLESS DELAY.

FRANK F. LYON'S

"Is the Place."

College St. Oxford, N.C.

REPORT OF THE CONDITION OF

THE FIRST NATIONAL BANK

at Oxford in the State of North Carolina, at the close of business Nov. 17, 1916

RESOURCES		
Loans and discounts	\$617,482.57	
Total	\$617,482.57	
U. S. Bonds deposited to secure circulation (par value)	45,000.00	45,000.00
Total U. S. Bonds		21,057.00
Total bonds, securities, etc.		3,830.00
Stocks, other than Fed. Reserve Bank stock		3,600.00
Stock of Fed. Res. Bank (50 p. c. of subscription)		17,000.00
Value of banking house (if unencumbered)	17,000.00	17,000.00
Furniture and fixtures		5,000.00
Nt. amt. due fr. ap. res. agts. in N. Y., Chicago & St. L.	13,965.00	60,812.58
Nt. amt. due fr. ap. res. agts. in oth. res. cities	46,847.58	27,050.12
Nt. amt. due fr. bkrs. & bkrs. (other)		4,809.82
Other checks on banks in the same town as rep. bank		13,951.87
Outside checks and other cash items		447.03
Fractional currency, nickels, and cents		2,000.00
Notes of other national banks		47,552.29
Lawful reserve in vault with Federal Reserve Bank		2,252.50
Redemp. fund with U.S.T. and due from U.S.T.		
Total		\$871,845.38
LIABILITIES		
Capital stock paid in	\$100,000.00	
Surplus fund	20,000.00	
Undivided profits	\$ 48,652.51	40,729.34
Less current expenses, int. and taxes paid	7,923.20	6,717.00
Amount reserved for all interest accrued		45,000.00
Circulating notes outstanding		21,119.61
Net amount due to banks and bankers		76.00
Dividends unpaid		226,452.11
Individual deposits subject to check		1,468.33
Cashier's checks outstanding		227,920.44
Total demand deposits		185,088.40
Certificates of deposit		225,194.59
Other time deposits		410,282.99
Total time deposits		
Total		\$871,845.38

STATE OF NORTH CAROLINA, COUNTY OF GRANVILLE, ss:
I, W. H. Hunt, President of the above named bank, do solemnly swear that the above statement is true to the best of my knowledge and belief.
W. H. HUNT, Pres.
Subscribed and sworn to before me CORRECT—Attest:
this 22d day of Nov., 1916.
E. G. CREWS, W. G. FACE,
Notary Public. R. S. USRY,
Directors.

TRY A BUSINESS LOCAL---NOW!

DON'T THROW IT AWAY!

IF YOU HAVE CARRIED YOUR WATCH EVERYWHERE ELSE AND IT STILL DON'T WORK RIGHT, BRING IT TO ME AND GET IT DONE RIGHT.

I MAKE A SPECIALTY OF ADJUSTING AND TIMING THE FINEST TIMEPIECES.

J. W. KNIGHT

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Watts Cylinder Corn Sheller.

The best and most efficient power corn-sheller on the market.

Made in different sizes, to suit the requirements of both large and small corn growers.

Write for special circular and prices

Remember, we are headquarters for the best in Farm Implements and Farm Machinery.

The Olds Gasoline Engine, which we sell, is one of the best of power Engines.

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