

DIET FOR THOSE WHO HAVE THE FLU

The American Red Cross Has Prepared a Number of Receipts for Preparing Nourishing Food for Those Sick With the Influenza.

Eggs.
Soft cooked eggs are most desirable, either soft "boiled," coddled, poached or soft scrambled. A plain omelet, if not tough, is also good.

Cream Omelet.
Five tablespoons butter, 6 tablespoons flour, 1 pint milk, 1 tablespoon salt. Pepper or cayenne to taste. Four eggs.

Directions: Combine first 5 into white sauce. Separate eggs, beating whites stiff and yolks light. Add beaten yolks to sauce and fold in whites. Fill greased baking dish 2-3 full and bake forty minutes in a very moderate oven. Serve at once. The omelet should be firm throughout, and a delicate brown on top.

If desired, 1-3 cup grated cheese may be dissolved in the white sauce. Serves six or eight.

Fruits.
Use all the fruits possible, whether dried, canned or fresh.

Baked Apples.
8 apples, 8tb. sugar, Cinnamon or nutmeg to taste. Butter (small amount) Directions: Wash and core apples, removing a narrow strip of peeling around each apple. Place in pan fill core with sugar, dot with butter and spice, and pour hot water into the pan to the depth of one inch. Bake until soft. Serve hot or cold.

Apple Meringue.
4 tb. sugar, 2 egg whites. Speck of salt. Apples baked as above. Directions: Beat egg whites very stiff, beating in salt and sugar; pile on the pan of baked apples and slip into the oven, having reduced the heat until the oven is cool. Bake until the meringue is a light brown.

Desserts.

Boiled Custard.
1 qt. scalded milk, 3 eggs, 1-2 cup sugar, Pinch of salt, 1t. vanilla. Grated nutmeg. Directions: Separate eggs, beat yolks, beating in sugar and salt; pour gradually into the scalded milk, stirring the mixture all the time and cook in a double boiler until it coats the spoon. Remove from the fire, cool and flavor. Have a flat pan filled with boiling water, beat the whites very stiff pour into the water, reduce the heat or withdraw to the back of the stove. Cut and turn the whites until they are stiff but not tough. Fold into the custard, sprinkle with nutmeg and serve very cold.

Beverages.
Cocoa.—3 tb. cocoa, 1-4c. sugar, pinch of salt, 1 qt. milk, 1 c. boiling water.

Directions: Add salt to cocoa and rub smooth with enough of the water to make a paste. Stir into the remaining water, and boil 3 to 4 minutes, stirring to keep smooth. Add the sugar gradually and cook a minute or two longer. Pour in the scalding milk and beat vigorously three or four minutes. This is called "milling."

Meats.
Oysters, fish, poultry, squab, game, lamb chops or cutlets are suggested as additional to the first solid diet; these may be stewed, creamed, broiled or baked, but never fried. With poultry the white meat should be used first. Juicy beef, scraped, seasoned made into flat cakes, and broiled will be found wholesome.

PLAN HOME GARDEN BEFORE YOU PLANT

"The well planned home garden is the one that produces the most food and is easier to care for." This is the opinion of home gardeners who know from experience that it pays to plan before they plant.

Success with the home garden means more than is often realized even by the home gardener. Here are some things the home garden does:

- 1—Supplies cheaper food.
- 2—Furnishes fresher, better tasting food.
- 3—Saves transportation
- 4—Makes it possible to utilize spare moments.
- 5—Supplies a greater variety of food.
- 6—Means more health for the family, because the body needs fresh vegetables and fruit.
- 7—Furnishes food on a moment's notice.
- 8—Makes it easier for the householder to prepare meals.
- 9—Helps to educate the children, and keep them interested at home.
- 10—Means better meals next winter when the garden surplus is canned at home.

A well cared for garden yields larger returns than any area of the same size planted to the usual farm crops, according to persons who have studied home gardening.

Catarh Cannot Be Cured
with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarh is a local disease, greatly influenced by constitutional conditions, and in order to cure it you must take an internal remedy. Hall's Catarh Medicine is taken internally and acts thru the blood on the mucous surfaces of the system. Hall's Catarh Medicine was prescribed by one of the best physicians in this country for years. It is composed of some of the best tonics known, combined with some of the best blood purifiers. The perfect combination of the ingredients in Hall's Catarh Medicine is what produces such wonderful results in catarh conditions. Send for testimonials free.
F. J. CHENEY & CO., Props., Toledo, O.
All Druggists, etc.
Hall's Family Pills for constipation.

Garden Seed

FRESH AND NEW
We wish to call your attention to the fact that seed planting time in GARDENS is near at hand and that we have just received a FULL ASSORTMENT of all the popular varieties of GARDEN SEEDS and hereby solicit your orders for what you may need in that line. OUR SEEDS are NEW and FRESH and our prices right. Don't forget the place but call on us when ready for seeds.

J. N. Pittman
Phone 50. Odd Fellows Building
Oxford, N. C.

In New York Mrs. Emily May Margaret, whom she shot through the heart as she lay asleep, she confessed to the police after her arrest.

on a charge of homicide. She had tried to turn her pistol on herself but lacked the courage to do it, she said. The little girl was ill with influenza at the time. Financial worries had temporarily unbalanced her mind, Mrs. Fayre told the police.

Get Ready for the Great Event



Come to our drug store in ample time for your sick room supplies. You should have our antiseptic things; and at the same time get the powders and perfumes you will need for baby.

Let OUR store be YOUR store for all the medicines and drug store things the whole family needs.

We are Careful Druggists.

J. N. PITTMAN.

Oh Ma Honey



WHAT BISCUITS
Make them with Occo-nee-chee Self-Rising Flour—you'll save time and trouble, for this flour contains baking-powder, soda and salt in proportions for perfect baking. And you pay less for the ingredients when already mixed with the flour.


Just measure flour for the morning's biscuits, mix with water or milk, place in the oven and your work is over.

For biscuits, hot-cakes, waffles, use Occo-nee-chee Self-Rising Flour.

OCCO-NEE-CHEE
Self-Rising Flour
Takes the Guess out of Baking and Saves you Money



Look for the Indian Head on each bag. At your grocer's. Buy today.
If you want plain flour ask for Peerless—it's the best.
Austin-Heaton Co. Durham, N. C.



BUILD
DON'T PASS UP THE COMFORT OF A HOME FOR UNCERTAINTY.

IF YOU WAIT AND DELAY THE ONLY CERTAINTY YOU HAVE IS LOSS OF THE COMFORT OF A HOME.

WE CAN HELP YOU TO LIGHTEN YOUR BUILDING COSTS NOW.

At least make your plans, get our suggestions, then let us talk over costs and the building situation.

DON'T DELAY LONGER.

SASH, DOORS, BLINDS, MOULDINGS
BUILDERS' HARDWARE
LIME CEMENT PLASTER
PLASTER PARIS

MOORE LUMBER CO.
PHONE 13
OXFORD, N. C.

The World's Largest Tire Factory
Building 30x3, 30x3½ and 31x4-inch Tires



Owners of small cars can enjoy the same high relative value in Goodyear Tires that gives utmost satisfaction to owners of big, costly motor carriages.

They can take advantage of that tremendous amount of equipment, skill and care employed by Goodyear to build tires of extraordinary worth in the 30x3-, 30x3½-, and 31x4-inch sizes.

They can secure these tires without waiting, despite the enormous demand, because, in addition to its larger sizes, Goodyear builds an average of 20,000 a day in the world's largest tire factory devoted to the three sizes mentioned.

If you own a Ford, Chevrolet, Dort, Maxwell, or any other car using one of these sizes, go to the nearest Goodyear Service Station Dealer for Goodyear Tires and Goodyear Heavy Tourist Tubes.

30x3½ Goodyear Double-Cure Fabric, All-Weather Tread..... \$20.00
30x3½ Goodyear Single-Cure Fabric, Anti-Skid Tread..... \$17.65

Goodyear Heavy Tourist Tubes are thick, strong tubes that reinforce casings properly. Why risk a good casing with a cheap tube? Goodyear Heavy Tourist Tubes cost little more than tubes of less merit. 30x3½ size in water—\$3.90 proof bag.....

GOOD YEAR