



Conservation Christmas Food Calendar



We look upon a year of vast changes, one of which has affected that well-known short to our hearts—through our stomachs. And the obvious conclusion is that our enforced alteration in diet has caused our waists to expand, and instead of wreaking dire misfortune, has had indeed the opposite effect. Even the most ardent ante-bellum supporters of the wheaty, meaty diet, have admitted that they were caused only a passing discomfort, and feel worlds better for the change. So we find ourselves on the threshold of another Christmas, this time sure of our ground, and armed with recipes for tried-out delicacies which pass the sugar censor, and combine the advantage of being patriotic with the joy of knowing that we will not be haunted by nightmares following the rich feasts, as we had in the days of yore.

Herewith are given two simple menus, each well within the reach of the average purse. The recipes which follow are given for the education of the "kitchen soldier" who has not heard of these particular wartime dishes, when using substitutes for sugar. Also follow directions for confections made with honey.

Christmas Menu No. 1.
Potato Soup, Cornbread Sticks, Deviled Shrimp, Macaroni and Cheese, Glace Sweet Potatoes (with corn syrup)

Head Lettuce, French Dressing
Banana Cream Coffee
Christmas Menu No. 2
Oyster Cocktail Celery and Olives
Roast Chicken with Cornmeal Dressing
Apples, Baked, Chestnut Stuffing
Peas and Carrots
Jellied Salmon Salad Brown Bread
Caramel Tapioca Pudding (Whipped Cream)
Coffee

Deviled Shrimp.
1 large can shrimps
1 cup toasted bread crumbs
2 eggs
1 scant cup milk
1 tablespoon each of chopped parsley, red and green pepper.
1 onion chopped fine.
3 teaspoons drippings.
Shred the shrimps, add over half of the bread crumbs and enough milk to moisten well. Add other ingredients, and season with paprika and salt. Put in individual baking dishes; cover with crumbs and bake.

Banana Cream.
3 tablespoons gelatine
2 cups scalded milk
1-2 cup honey
3 bananas
Juice of one lemon
1 cup whipped cream
Soak gelatine in little cold water add to hot milk, and add slowly the lemon juice and bananas which have been put through a colander. Add

honey, and set aside to cool. When beginning to harden, add whipped cream, pour into wet mold and set near ice.

Cornmeal Dressing.
1 cup cornbread crumbs.
1 cup stale bread crumbs.
1 cup chopped celery
1 small onion chopped
3 tablespoons drippings
1 1/2 cup boiling water
Pepper, salt, sage.
Mix dry ingredients thoroughly, then add water, tossing dressing lightly with fork to prevent soggy-ness. Excellent.

Baked Apples, Chestnut Stuffing
8 firm apples
3-4 pounds chestnuts
1-3 cup corn syrup
3 tablespoons butter.
Core the apples, and with a scoop remove the meat and fry in butter until soft. Add chestnuts, which have been boiled and skins removed. Put mixture into shells and bake for 1-2 hour. Serve with whipped cream.

Jellied Salmon Salad.
1 can salmon
2 cups sour boiled mayonnaise
3 tablespoons gelatine
1-2 cup chopped green olives.
Shred salmon with a fork add mayonnaise and gelatine, after soaking later in cold water. When mixture is cool add olives and put in a mold. When cucumbers are procurable, a delightful sauce is made for

this salad by chopping the cucumbers fine, adding two teaspoons of vinegar, paprika, salt, and 1 cup of whipped cream.

Honey Drops.
1-2 half cup shortening
1-2 cup brown sugar.
1-2 cup honey
1-2 cup nut meats
1 egg
1 scant teaspoon soda
Salt, cinnamon
2 cups flour.

Mix flour, salt and vinnamon. Cream shortening with sugar, add honey and egg, and then nut meats which have been dredged with flour. Add soda dissolved in warm water the last thing. Drop a little batter from the end of a teaspoon onto a greased pan. Bake in moderate oven. It is well to remember that honey burns easily.

W S S
Twenty thousand French girls sang "The Star Spangled Banner" in Brest while that French city was riotously celebrating the signing of the armistice.

W S S
China is estimated to have 400,000,000 tons of iron ore suitable for modern furnace reaction and probably 300,000,000 more than could be treated by native methods.

W S S
A New Jersey inventor has patented a simple holder for hot eggs.

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COAT SUITS REDUCED.

\$18.50 Coat Suits for \$12.50
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SPECIAL PRICES ON NEW FALL COATS.

\$22.50, \$25.00 and \$29.50 Coats, some with fur, others plush collars, full lined or half-lined velour and fine broadcloth. Special Price \$19.50

SPECIAL PRICES ON ALL SILK AND WOOL JERSEY DRESSES.

FURS.

Furs make nice and useful X'mas Gifts. We have them for women and children.

Children's Furs, Muffs and Neckpieces to match. Prices \$3.95, \$4.95 and \$5.95 Set.

LADIES' FURS.

We still have a few nice pieces of Ladies' Furs, Neckpieces and Muffs.

BELK-HARRY CO.

COTTON AND STOCKS

Better Volume of Business in Cotton
New York, Dec. 19.—The firmer

tone of the cotton market during the past few days and increased confidence in larger exports appeared responsible for the better volume of general business during early trading.

The market opened steady at an advance of 22 to 25 points in response to former cables with December selling up to 29.50 right after the call or 70 points net higher while late months showed a net gain of 25 to 34 points with January selling at 27.64 and March 26.50. Expectations of full gaining figures from the census bureau tomorrow promoted realizing on this advance and later fluctuations were somewhat irregular.

Cotton Opened Steady.

New York, Dec. 19.—Cotton opened steady:
January 27.50
March 26.45
May 25.50
July 24.70
October 22.85

LOCAL COTTON 27.50

—W S S
Middlesex Regiment Men Want the Kaiser Arrested.

(Special Cable from London Times ... to Greensboro News.)

Omsk, Dec. 5—(Delayed)—Six hundred and seventy men of the Middlesex regiment representing more than 20 British constituencies, unanimously have declared themselves in favor of the arrest of the kaiser and his trial for misdeeds. The colonel of the regiment, John Ward, endorses the men's attitude.

For Sale!

The M. M. Kirk Estate Farm, between China Grove and Landis containing 112 1-2 acres, including fine orchards, good pine and oak timber, and several good meadows; with 7 room residence, granary, barn, 5 room tenant house, and several other buildings. Situated near two high grade schools. This affords a wonderful opportunity to get a desirable farm at a reasonable price. For further particulars apply to J. R. Kirk, Salisbury, N. C., or C. E. Freeze, China Grove, N. C.

12-20-4t

CHECK FOR \$35.00; PURCHASE \$5.00

Two New Night Gowns Establish Young Woman Held Here As One Operating at Rock Hill With Bogus Check.

There seems to be an almost endless chain of worthless checks coming to Captain Kesler of the local police with evidence to establish beyond a doubt that the man and woman held here and giving names respectively as L. W. Goodman and M. M. Culbertson have been doing a land office business in other places, but it also shows that numbers of business firms use very little care in cashing checks for unidentified strangers.

Yesterday afternoon Captain Kesler received from a Rock Hill firm a check for \$35 signed by "Mrs. C. E. Raine," and which was tendered at the firm's place of business some days ago in payment for ladies' two night gowns at \$2.50 each, a total of \$5.00, the customer received \$30 in change. The letter containing the worthless check stated that the night gowns were 171-2 and contained a "Peerless" label. A re-examination of the suit case belonging to the woman held here revealed that two new ladies' night gowns of the above number and bearing the label "Peerless" were among the effects in the grip.

This makes more than a half dozen

worthless checks that have come to local officers and in several cases the man and woman held here have been positively identified as the couple making the deals. In the meantime the pair are languishing in jail and refuse to talk or give any information. Mum seems to be the word with both although they are separated a sufficient distance to eliminate any possibility of their framing up a story while in jail.

—W S S

I Am the Red Cross
I am the Red Cross. I was born of the hearts of men. I am sustained by thirty million souls. My mission is of mercy, kindness and charity. I am my brother's keeper. I know neither color race, nor religion. My creed is the creed of service. My goal is the goal of a higher humanity. My record is the gratitude of the widow and the orphan, of the strong and the sick, of the happy and the bereaved.

I go forth into the darkness of the night, into the uncertainties of the day. I defy the peril of shell and bullet. I lighten the horrors of the battle. I encourage and inspire the soldier. I give him a thousand comforts. I minister to those he has left at home. I claim the wounded from the battlefield. I bind their wounds and ease their suffering. I mark the graves of the dead.

I go into hospital and home and hotel. I scorn contagion. I am the guardian of infant life, the apostle of health and cleanliness, and the conservator of old age. I visit the sick. I help the lame. I cheer the sorrowful. I lead the blind into paths of light. I

teach the crippled new ways of life. I am the foe of plagues and pestilence. I mitigate the horrors of floods and fires and wrecks. I am the arch-enemy of calamities. I triumph over poverty, want and woe. I triumph over homeless, feed the hungry, and clothe the naked. I protect the widow and the orphan.

I am the friend and helper of all nations. My hand and heart encompass the globe. My legions I send to the uttermost parts of the earth—across the threatened ocean, through war-swept territories, over infested lands. My sympathy and succor are boundless. My purse is great enough for all. A dozen nations return me homage, a dozen potentates pay me tribute. The races of the earth support me with their prayers.

My emblem is the cross, the symbol of supreme charity and of the saviour of men. Behind me march thirty million soldiers, with hearts for any fate. I challenge and triumph over death. My strength and struggles are for the living, my prayers and compassion for the dead.

I am the saviour of life, the assuager of death. I am my brother's keeper.

I AM THE RED CROSS!

—W S S

LEAGUE IS NECESSARY THINKS THE PRESIDENT

Paris, Dec. 18.—After four days of gathering views of leaders in France, President Wilson's closest advisers say he has seen no reason to change his belief that the foundation of a league of nations is inseparable from the actual peace treaty itself.

These advisers say that the President in explaining his definition of "the freedom of the seas" will reassure Premier Lloyd George that he has no intention of demanding a reduction of the British navy to a point involving the unsafety of the empire, but will emphasize his feeling that the plan of a league will strengthen the empire.

King Emmanuel, who is expected to arrive on Thursday, already has been fully advised of the President's plans through conferences with Count Di Celleri, Italian ambassador to the United States, but the President made personal explanation to the king.

The hope is expressed by those surrounding the President that the exchange of views will clear away any outstanding differences of opinion that remain.

In all his conferences the President has taken opportunity to express his views, it is said, by those who are authorized to speak for him, that no one nation is entitled to assume the role of master, or dictate the manner or the conditions of the representations of others.

There is some indication that considerable headway is being made in this direction and that the members of the American mission are now seeing their way clearly. All express the conviction that delegates will enter the conference in a spirit of accommodation.

Some undercurrents are interpreted as showing indications of regret because the acceptance of President Wilson's points in a general way pre-

JACK SHROEDER IS DEAD AT SPENCER (Continued from Page One.)

little daughter who will spend a few days in Winston-Salem with her parents.

Frank Falls is a new man at the Spencer depot having joined the Burkhead.

clerical force under Agent G. F. Mr. C. W. McCain, who for several years has been operator at the Spencer depot, has gone to the shops for a temporary change. This was done in the interest of his health.

Since the Salisbury officials removed the unreasonable restrictions placed on the business a jitney has been started between East Spencer and Salisbury. It is being operated by a Salisbury man and a regular service is maintained at a low rate of fare. It is expected other jitneys will be on the line soon.

Dr. F. G. Sigman has been a sufferer from influenza this week. His condition has not been serious, however, and he expects to be out soon.

Bob Deal is at home from the A. & E. college at Raleigh.

Porter Holt has returned from the University and is at his home in Spencer.

Herman VanCannon came in during the week from the University of Tennessee where he was taking training.

Miss Ruth Hicks, a student at Trinity college, Durham, is at home for the holidays, the college having closed until 3.

Conductor Jay L. Smith, one of the well known road men running out of Spencer who has had influenza is reported considerably improved.

Engineer E. W. Craddock, who has been seriously ill for several days with pneumonia is improving nicely and early recovery is expected.

Mrs. B. F. Vuncannon and daughter, Miss Lyde Vuncannon, who have had influenza several days, are reported convalescent.

Miss Mary Hicks, one of the teachers in the Spencer graded school, who has had pneumonia for 10 days, is recovering nicely.

Robert E. Carmichael, of the Twin City Daily Sentinel was a visitor in Spencer Monday the guest of a daughter, Mrs. E. E. Williamson at the Methodist parsonage.

Mr. and Mrs. J. R. Agnew who have been ill with influenza for a week or more, are able to be out again.


Engineer H. W. Holt has had influenza this week while Mrs. Holt is still confined to her bed with the same trouble.

Mrs. W. G. Horne, Jr., is a victim of influenza this week.

Miss Elizabeth Albright has returned from the State Normal at Greensboro, where she is a student.

vented some nations from achieving their own objectives which might have been gained if Germany's collapse had been made ever more complete. In reply, it has been made plain to those with whom the President conferred that the United States government does not consider the war a victory of arms alone, and that victory would be incomplete without an organization of nations to guarantee world peace.

Two Tons Fresh Candy For Christmas Trade!



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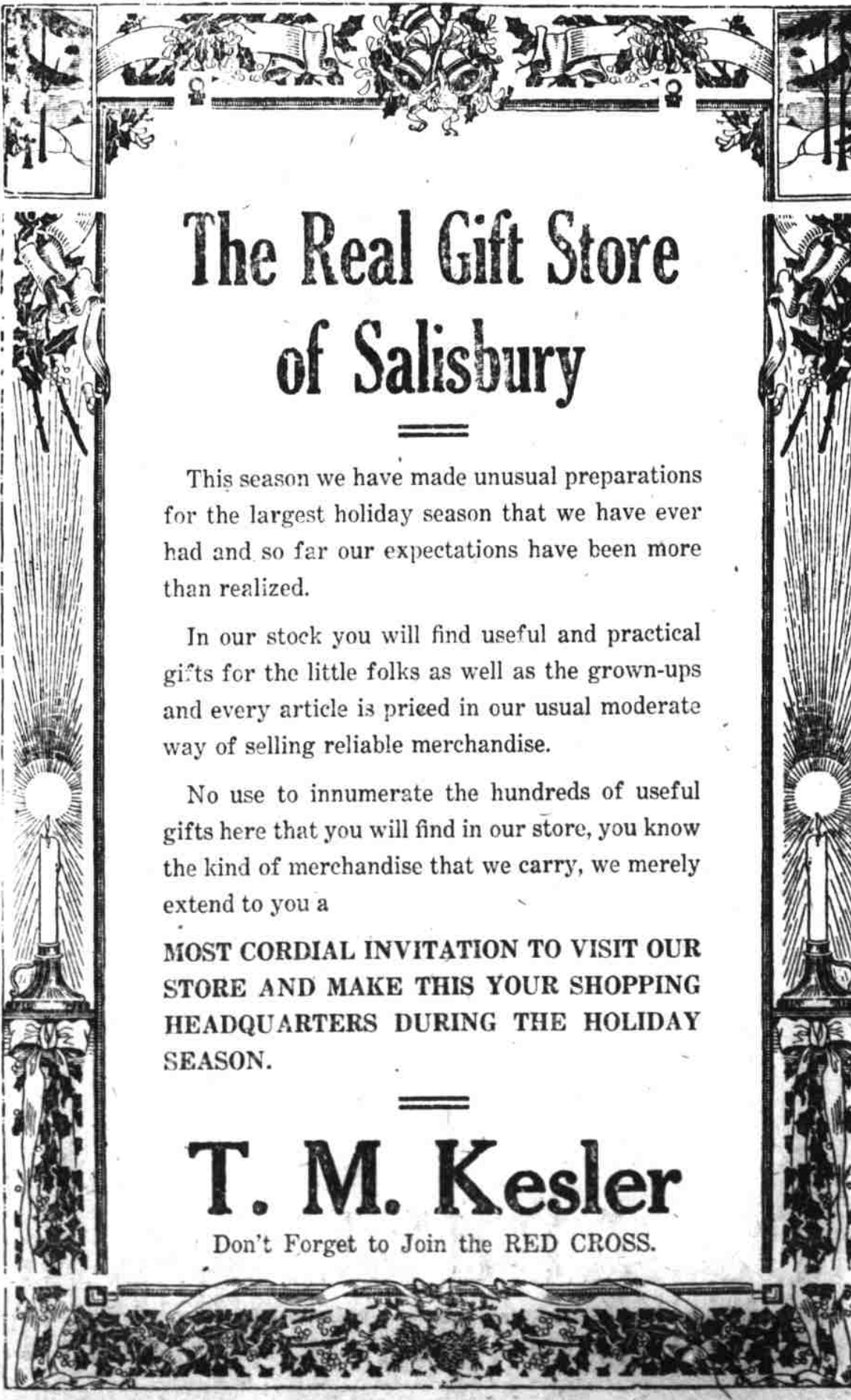
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PHONE 17.

Saleeby

Headquarters for Santa Claus.



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This season we have made unusual preparations for the largest holiday season that we have ever had and so far our expectations have been more than realized.

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No use to innumerate the hundreds of useful gifts here that you will find in our store, you know the kind of merchandise that we carry, we merely extend to you a

MOST CORDIAL INVITATION TO VISIT OUR STORE AND MAKE THIS YOUR SHOPPING HEADQUARTERS DURING THE HOLIDAY SEASON.

T. M. Kesler

Don't Forget to Join the RED CROSS.