WHAT TO SERVE AT THE THREE MEALS TO NOURISH A FAMILY PROPERLY

There Are Five Groups of Foods -Mineral Matter, Protein. Starch, Sugar and Fat-and Each Group Should Be Included Every Day.

OUSEWIVES in many cases can reduce the cost of supplying their tables without reducing the nutritive value of the food served by giving more thought than usually is given to the selection, preparation and combination of foods. In fact, where carelessness has been the rule (and carelessness is not related to the size of the income) the specialists of the United States department of agriculture say careful planning may make possible both a reduction of cost and an increase in nutritiveness and palatability.

If any changes are to be brought about in the menu to which a family has been accustomed, however, by eliminating certain articles or substituting less expensive ones, care should be taken that the resulting diet is rational-that is, that it does not contain, on the one hand, too great a proportion of foods of any one type, such as meats and meat substitutes, or starch, sugars and fats, or vegetables and fruits, and that, on the other hand, it is not deficient in any of these types of food.

Should Eat a Variety.

In general, habit and custom, shaped by normal appetites, have led to the general adoption of adequate and varied diets in most families where the means are sufficient for any range of choice. Thus when meat, a food rich in nitrogen, is eaten, potato, rice, bread or some other starchy food and fruits and vegetables and perhaps foods of the other types usually are served with it. If a person's food habits are good be will eat a reasonable quantity of all the foods provided and obtain a varied meal and not a one sided one as might otherwise be the case.

The list of foods given at the end of this article are intended to show differ ent types of food and different exam ples of each type. If the foods com bined in the diet are chosen according to these types-that is, according to the purpose each group serves in the body-and are eaten in proper proportion, the mask will furnish all the kinds of mourishing elements which the body needs. The five types or groups are:

First .- Foods depended upon for mineral matter, vegetable acids and body regulating substances, such as fruits and suc-Second .- Foods depended upon for pro-

tein, such as milk, eggs, meat and dried

Third.-Foods depended upon for starch, as cereal breakfast foods, flours, meals and foods made from them. Fourth.-Foods depended upon for sugar.

such as sugar, molasses, sirups, honey jams, thick preserves, dried fruits, sweet cakes and dessert. Fifth.-Foods depended upon for fat,

such as butter, cream, salad oil and other table fats, lard, suct and other cooking fats and olls, salt pork and bacon.

Must Have Some of Each.

In order that the meals may supply all the needed nutritive elements, one must make sure that all groups are well represented, not necessarily at every meal, but when the family diet is considered day by day and week in and week out. Quantities should vary, particularly of the energy yielding foods, for persons engaged in different pursuits necessitating different amounts of exercise. The heavier the work the more food is needed. In planning meals in accordance with the method here suggested choose only a few dishes and make sure that the different groups are represented in the daily fare. Foods in groups 1 and 3 are less expensive, as a rule, than those in group 2 and for this and other reasons should be used freely as the basis of the diet, with sufficient amounts of foods from groups 2, 4 and 5 to round out the meals. Remember that the materials used in cooking or served with foods-flour, eggs, milk, fat, sugar, etc.-add their food value to the diet. Remember also that it is not necessary to supply all the types of food at every meal, providing enough of each is supplied in the course of the day. For example, if the foods which are depended upon for nitrogen -meat, eggs, milk, etc.-are found in abundance at breakfast and dinner it is not necessary to include them at supper or lunch, or if a person prefers a light breakfast he may leave out the nitrogen rich food and perhaps some of the other foods in the morning and make up for it at the noon and evening meals. In the following lists dishes sultable for the different meals are grouped according to the kind of nutritive materials which predominate in each, and the groups are given in the order in which they are usually introduced in family meals. The dishes mentioned are examples only. Housekeepers will readily think of dishes of similar kind which they may prefer. The important thing is to know which foods belong to the different groups and then to see that all the groups are represented in the family meals.

Breakfast.

Breakfast is a much more elaborate meal in some American families than Where it is hearty all five of the food groups may be represented, though usually in dishes which do not require elaborate preparation and with more from the bread and cereal group Department of Agriculture Tells Housewives How to Plan Meals Without Reducing Nutritive Value and at the Same Time Decrease Cost.

than from any other. When a lighter breakfast is preferred it usually consists mainly of the bread and cereal foods (group 3), with a little fat and possibly sugar (groups 5 and 4) to make it palatable, and perhaps a little fruit (group 1). Such a breakfast is made more hearty by including milk way of simplifying dinner. or an egg from the protein group

1.—Fruits and Vegetables. Stewed prunes, dried peaches or other dried fruits or fresh or canned fruits when obtainable at reasonable prices. If preferred, sweet dried fruits, jam or thick preserves (representing also group 5) may be used instead. Because of their laxative properties as well as food value succulent fruits are eaten for breakfast and are particularly desirable if vegetables and other fruits are not freely used at other meals.

2.—Breakfast Cereals and Breads Breakfast Cereals.-Cornmeal mush, cracked wheat mush, oatmeal mush, rice or other cereals. Wheat raised on the farm or bought from a nearby feed store and coarsely ground in a coffee mill is a good homemade cereal. So is DODCOrn.

Breads.-Graham bread, whole whea bread, wheat flour and rice bread, muffins, popovers, griddlecakes, etc. With bread, butter (representing group 5) would usually be served and some times with griddlecakes, butter and sirup (representing group 4) also.

S .- Eggs, Meat, Milk; Similar Foods Eggs (scrambled, boiled, poached, etc.), egg toust, meat balls, codfish balls, hash (from leftover or corned meat) and milk.

Milk taken with breakfast cereals or used as a beverage is an important source of nitrogenous material, a glass supplying as much as two ounces of lean meat or one egg. Cooking cereals with milk instead of water is a convenient way of adding nitrogenous material to the meal.

Shar and Other Sweets. Sugar, sirup, molasses, honey, thick dried fruits, jam and heavy preserves. Sugar, houey, molasses or sirups are

usually added to other foods in cooking or when they are eaten. Dried fruits may be cooked with cereal and so may take the place of sugar added to them. This group serves much the same purpose in the body as group 3, but is ordinarily used in smaller quantities and is important for flavor purposes as well as nutritive material.

5.—Butter and Similar Foods. Cream, butter and other fats used

in cookery, bacon, fat pork, With the exception of fat meats, the fat foods are usually eaten with other foods or used in them or in cooking

Luncheon or Supper.

Luncheon or supper may include dishes from all five groups, but in simpler form or smaller quantity than at dinner, though such an elaborate meal is by no means necessary. If a light luncheon is desired group 2 (meats and similar foods) may be omitted or used in smaller amounts, or if a still lighter meal is desired dessert (represented by group 1 or group 4) may be omitted When the other meals are abunalso. both meat and sweets or fruit dant might be omitted and bread and butter or bread or cereal and milk used

Eggs, Meat, Fish and Cheese.

Eggs; thick dried bean soup (soy or togo beans or cowpeas, if obtainable, are as desirable as navy or other beans more commonly used), meat stock soup; toasted cheese and crackers; chipped beef with white sauce-1. e., thickened milk sauce; dried beans or peas baked or bolled; baked peanut or other nut loaf (ground or chopped and mixed with breadcrumbs, an egg, milk and seasoning); ment stew or pie (leftover ment or cheap cuts) or codfish balls; sliced meat (from roast of previous day); cold baked or boiled bean salad; canned or fresh fish salad (if fish may be obtained cheaply); stuffed eggs; egg, nut, cheese (often used in made dishes or with crackers in place of sweet dessert) or meat sandwiches or milk. Either hot or cold dishes are venience. The above list includes both.

Bread, Rolls and Similar Foods. White bread, or "light" bread, rye bread, toast, corn bread, rolls, buns,

Either hot or cold bread may be used, as desired. Cooked cereals (see list of breakfast dishes) are suitable for use when a light luncheon or supper is desired.

Cakes and Other Sweets. Sugars, jams, jellies, thick preserves, sweet dried fruits, simple cake, cookies and leftovers from dinner desserts.

Fruits and Vegetables. Fruit (fresh or stewed); warmed over potatoes; leftover vegetables; fr

vegetables used in salada, such as lettuce, celery, young onions, radishes, State of North Carolina. etc. Fruits fresh or stewed are com- Rockingham County monly eaten at luncheon or supper as dessert. Sometimes fruit is served at the beginning instead of at the end of luncheon or supper.

Dinner.

Dinner is usually the heartiest med on and husband, John A. Bur-of the day and commonly a meal at on; Kate L. Cahill and husband which all the five groups are substan- B. M. Cahill, tially represented. Generally speaking, the fewer times each group is rep- N. B. Lewis; Robert Lewis and resented by a principal dish the sim- wife, pler the meal. For it stance, a din- Walker and husband, E. K. Lewner with a meat soup and a meat is is; Mrs. Mamie Lewis; Lenoir not so simple as it would be if the Lewis and Delva Lewis, the last soup were omitted. Meals seem more two infants, and their guardian abundant if several representatives of M. P. Black. group 1 (fruits and vegetables) are used instead of only one, and it is a common custom to serve one or more vegetables besides potatoes. Using a simple dessert which requires little time to prepare, such as fresh or stewed fruit or preserves with cake, or omitting dessert altogether, is a good

Meat, Fish, Cheese.

sirable as navy or other beans more which has heretofore not been sold, commonly used); cheese with macaroni situated in said county of Rockingor rice; bean or peanut loaf.

and Similar Foods.

Potatoes, sweet potatoes, turnips, carrots, parsnips, beets, onlons, greens (beet tops, kale, spinach, etc.), celery, lettuce, cabbage, collards, tomatoes, green corn, snap beans, green peas or other green or succulent vegetables grown in the garden or which may be cheaply procured; fresh, stewed or canned fruits.

Members of group 8, such as rice hominy or macaroni, are often served in place of a vegetable. When this is ply to the Court for the relief demanddone care must be taken to supply fruits and greens in order that mineral being now 398.19 acres, more or less, matter and fruit and vegetable acids may not be lacking.

Breads, Biscuits and Similar Foods Wheat bread or corn bread, hot or cold; rye bread, biscuits, rolls, crack-

Potatoes and sweet potatoes are an important source of starch and similar nutrients in the diet and in this respect resemble bread and other cereal foods. However, they are included in group 1 because of their special importance as a source of mineral and other valuable substances.

Puddings, Cakes and Similar Foods ple fruit puddings, custard or other ceedings docket of said county in said simply made desserts, dried sweet fruits, jams, preserves.

Fresh or canned fruits representing group 1, cheese representing group 2, the lands herein referred to within with crackers representing group 3, or the time allowed by law, the undernuts representing group 2 may be used for dessert for variety.

Butter, Cream and Similar Foods. Butter, cream, salad oil and other table and cooking fats and oils.

APPARATUS TO FIGHT GAS.

Experts Declare It Superior to Any or

European Battlefields. Experts of the bureau of mines are designing an apparatus to combat noxious gases, which, it is declared promises to be superior to any now in use on the European battlefields. De tails of the invention, however, are being withheld for obvious reasons.

Announcement that the bureau's ex perts are at work on the design was made in connection with a report which is being rushed to completion in response to inquiries from the war and navy departments for information as to the best types of apparatus to be used in combating noxious gases.

Bureau experts declare that the gen rescue apparatus involves grave satisfactorily certain mechanical and physiological needs in construction They point out these dangers and sug D. H. Parsons, Atty. gest ways in which they may be elimi

"While this report is primarily of interest to the mining industry and is and navy in their need of apparatus the terms of which have not been warfare"

NOTICE OF SALE

State of North Carolina

County of Rockingham Under and by virtue of an order of the Superior Court of Rockingham used for luncheon, according to con- County, made in the special proceed ing entitled G. H. French, adminis trator, of J. D. French, deceased, against Mrs. M. J. French an others, the undersigned commissioner will, on the 26th day of May 1917, at two o'clock p. m. in front of the monument a. Reidsville, North Carolina, offer poles to a post stump; thence East for sale to the highest bidder for cash 4-9 undivided interest of J. D. French in that certain tract of land tying and being in Ruffin Township, Butter and Other Fats.

Butter, cream, table oil and other fats and oils used on the table and in cookery.

Cakes and Other Sweets.

Cakes and Other Sweets. I auder on the East, Jackson Page on ing the lands of Jesse Broadnax on the North, G. H. French and Mrs. Lauder on the ast, Jackson Page on the South, T. H. Pritchett on the west IRA R. HUMPHREYS, Com.

NOTICE

Superior Court Before the Clerk NOTICE OF ACTION

B. M. Cahill, Guardian of W. M. Lewis, lunatic, Annie L. Bur-

The above entitled action is a Spe

cial Proceding, instituted and now pending in the Superior Court of Rockingham County before J. T. Smith, Clerk of said Court, the Summons having been issued on the 9th day of May, 1917, and is returnable at o'clock on Monday, the 11th day of June, 1917 in which the Defendants he Laws, North Carolina, 1915. Baked, scalloped or fried fish, meat are interested; the purpose of said stew, pot roast or meat loaf with suit being to procure on Order of gravy (inexpensive cuts) or other meat Court for the sale of all the tract of and fish dishes; baked beans (soy beans | land owned by the Plaintiffs Ward, W. or cowpeas, if obtainable, are as de M. Lewis, and known as Valley Field, ham; the proceeds thereof to be ap-Potatoes, Green Vegetables, Fruits plied and invested under the direction of the Court as provided by Statute; the sale being asked to be made for the reason that at the price offered it is to the best interest of the Ward. and all others interested in the land presently or prospectively, that the sale be made. And let the Defendants and each and all of them notice that they are required to appear at the time and the place above mentioned, and answer or denute to the petition ed therein. The balance of the tract, and there being an ocer for the same from J. R. Caffey, Esq. for \$9,500.00.

> Wentworth this the 11th day of May, JAS. T. SMITH,

> C'erk Superior Court of Rockingham County.

NOTICE OF LAND SALE

Under and by virtue of an order of the Superior Court of Rockingham County, made in the special Proceed ings, entitled, "Emma Nance et al and W. K. Nance, Guardian, Exparte." Bread pudding cottage pudding, sim the same being upon the Special procourt, and owing to an insufficient price bid at prior sale, and by reason of a better bid having been placed on signed commissioner duly appointed by the court, will on the 22nd day of May 1917, at 10:00 A. M. in front o the Bank of Reidsville, of Reidsville on Scales street, in Reidsville, N. C. in Rockingham County, offer for sale to the last and highest bidder for cash, reserving the crop of grain now on said lands, that certain tract or parcel of land lying and being in the county of Rockingham, and State of North Carolina, in Simpsonville Town ship, and adjoining the lands of Nan nie Wilds, J. E. Nance and others, and described and bounded as follows:

Lot No. 2. Beginning at a stone in the original and Wild's line; N. 85 d W. Thirty and 50-100 chains to a stone in said line; South 26 and 75-100 chains to a stone; West Nine and 52-100 chains to the beginning, containing 25 acres, more or less.

For better and more accurate de scription of said property, see deed of conveyance of same from J. E Nance et al W. B. Nance, father of pe wearing of the present types of oxy titioners, and late husband of said widow Emma Nance, in the office of danger, owing to the fact that the Register of Deeds for Rockingham makers have as yet failed to meet County, N. C., Book 146, page 38, etc This 5th day of May, 1917.

W. K. NANCE, Commissioner

LAND SALE.

Kallam's line; thence with his line North 80d East to a rock in said Kallam's line 41 poles; thence South with which it was made. Nancy and Mary Kallam's line 67 bence South with William Smith's in Winston Kallam's line; and con ment roll. taining 125 acres, more or less. This the 19th day of April, 1917. H. R. SCOTT, Trustes.

The Beview and Bryan's

Commoner \$2.00 per year

ON SCALES STREET

At a regular meeting of the Commissioners of the Town of Reidsville, on the 8th day of May 1917, the foladopted:

"Be it ordered by the Board of Commissioners of the Town of Reidsville, North Carolina, that, whereas, A. Wilkinson, Clerk of this Board has local improvement district, viz:

Beginning at the intersection of Scales and Gilmer Streets at Citizens Bank corner and running south with raid Scales Street to the intersection Street at Townsend Buggy Co., Store.

(which is hereby made a local improvement district as contemplated in provement district as contemplated in has lodged his certificate showing the has lodged his certificate showing the his office in Wentworth at eleven s. fficiency of said perition in all respects as required by ' napter 5, Puo-

"Therefore be it resolved that the iccal street improvement to wit: the P ving of all of said local impro ment district composed of said local filed by a competent engineer and apsaid local improvement district, to be several premises in the manner herein prescribed, viz: They shall cause said connections to be made on or bein this cause, or the Plaintiffs will ap- fore the 1st day of July, 1917, or the fore the 1st day of July, 1917, or the Board of Commissioners will cause cost thereof shall be specially assessed against the particular lot or parcel of land for in connection with Witness my hand and official seal in which it was made.

"It is further ordered that the owners of property abutting on said street to be paved, within said local improvement district, shall be assessed upon said abutting property one-half the cost of said streets, said assessments shall be payable in ten equal installments but said assessments shall bear six per cent. interet per annum from date of the confirmation of the assessment roll.

M. P. CUMMINGS, Mayor J. W. McGEHEE, G. E. CRUTCHFIELD,

JNO. F. SCOTT, J. E. SMITH, J. E. AMOS, Commissioners. A. Wilkinson, Clerk.

NOTICE TO PROPERTY OWNERS ON FRANKLIN STREET

At a regular meeting of the Commissioners of the Town of Reidsville, North Carolina, held at the Town Hall on the 8th day of May 1917, the folon the 8th day of May 1917, the following resolution was unanimously lowing resolution was unanimously adopted: adopted:

"Be it ordered by the Board of Commissioners of the Town of Reids- ville, North Carolina, that, whereas, ville, North Carolina, that, whereas, A. Wilkinson, Clerk of this Board has submitted to this Board a petition of submitted to this Board a petition of a majority of the abutting property a majority of the abutting property owners on the following described owners on the following described local improvement district, viz: local improvement district, viz:

Beginning at the intersection of ning north with said Fraklin Street to running east with said Thompsonville Street with Pine Street near H. R. ville and Barnes street at J. N. Watt's Scott's lot.

(which is hereby made a local improvement district as contemplated in sufficiency of said petition in all respects as required by Chapter 5, Pub ifc Laws, North Carolina 1915.

"Therefore, be it reserved that the local street improvement to wit: the paving of all of said local improv raving of all of said local improve ment district composed of said local ment district composed of said locals Init rovement district composed of ir provement district composed of said portion of Franklin Street said portion of nompsonville Screet Under the Power of Sale contained with sheet asphalt on a concrete base with sheet asphalt on a concrete base. meant as a measure for the improve in a Deed of Trust executed to me by as per plans and specifications to be ment as a measure for the improve and apment in the oxygen apparatus used in B. D. Kallam and wife Lelia A. Kal filed by a competent engineer and apment in the oxygen apparatus used in B. D. Kallam and wife Lelia A. Kal saving life at mine disasters," said the lam of date December the 27th. 1912, proved by this Board. It is further proved by this Board. It is further statement, "It comes at such a time and recorded in the office of the Reg. ordered that owners of all property ordered that owners of all property as to be of great value to the army ister of Deeds, in Book 170, page 513, abutting on said street and within abutting on said street and within said local improvement district, to be said local improvement district, to be to protect the lives of their men in complied with, I shall at the Court paved, shall connect their several paved, shall connect their several House door in Wentworth at noon, on premises with water mains and sewer premises with water mains and sewer MONDAY, THE 28TH DAY OF MAY, pipes located in the said local im- pipes located in the said local im-917, sell for cash to the highest bid- provement district adjacent to their Cor, a certain tract of land in Price several premises in the manner here-Township, adjoining the lands of in prescribed, viz: They shall cause in prescribed, viz: They shall cause William Smith, Thomas R. Pratt, Sal- said connections to be made on or belie Rakestraw, J. W. Grogan and oth- fore the 1st day of July, 1917, or the fore the 1st day of July, 1917, or the ers: Beginning at an ash; thence Roard of Commissioners will cause Board of Commissioners will cause North 10d East with G. McDonald and said connections to be made and the others 132 poles to pointers in David cost thereof shall be specially assessed against the particular lot or par- ed against the particular lot or parcel of land for in connection with

"It is further ordered that the owners of property abutting on said street with said line to a red oak 84 poles to be payed, within said local improvetine 62 poles to a black gum; thence said abutting property one-half the West with said Smith's line 80 poles cost of said streets, said assessments to pointers; thence South 120 poles to shall be payable in ten equal install. red oak in John T. Smith's line; wents but said assessments shall bear

M. P. CUMMINGS, Mayor J. W. McGEHEE.

G. E. CRUTCHFIELD JNO. F. SCOTT,

J. E. SMITH. J. E. AMOS, Commissioners.

NOTICE TO PROPERTY OWNERS NOTICE TO PROPERTY OWNERS ON WEST MARKET STREET

At a regular meeting of the Canmissioners of the Town of Reidsville, North Carolina, held at the Town Hall North Carolina, held at the Town Hall on the 8th day of May 1917, the following resolution was unanimously lowing resolution was unanimously adopted:

"Be it ordered by the Board of Commissioners of the Town of Reidsville. North Carolina, that, whereas, A. Wilkinson, Clerk of this Board has submittied to this Board a petition of submitted to this Board a petition if a majority of the abutting property a majority of the abutting property owners on the following described owners on the following described local improvement district, viz-

Beginning at the intersection West Market and Settle Streets, and running north with said West Mest Street to the intersection of said West of said Scales Street with Settle Market Street with Gilne. Street at T L. Rorer's corner.

(which is hereby made a local in-Chapter 56, Public Laws, 1915) and Chapter 56, Public Laws, 1915) and sufficiency of said petition in all raspects as required by Chapter 5, Fublic Laws, North Carolina, 1915.

"Therefore be it reso ved that the It cal street improvement to wit: the aving of all of said local improvesment district composed of said local improvement district composed of improvement district composed of said portion of Scales Street said portion of West Market Street with sheet asphalt on a concrete base with sheet asphalt on a concrete base as per plans and specifications to be as per plans and specifications to be filed by a competent engineer and approved by this Board. It is further proved by this Board. It is further ordered that owners of all property ordered that owners of all property abutting on said street and within abutting on said street and within said local improvement district, to be paved, shall connect their several paved, shall connect their several premises with water mains and sewer premises with water mains and sewer pipes located in the said local im- pipes located in the said local improvement district adjacent to their provement district adjacent to their several premises in the manner herein prescribed, viz: They shall cause said connections to be made on or be-Board of Commissioners will cause said connections to be made and the said connections to be made and the cost thereof shall be specially assessed against the particular lot or parcel of land for in connection with which it was made.

"It is further ordered that the owners of property abutting on said street to be paved, within said local improvement district, shall be assessed upon said abutting property one-half the cost of said streets, said assessments shall be payable in ten equal installments but said assessments shall bear six per cent. interet per annum from date of the confirmation of the assessment roll.

M. P. CUMMINGS, Mayor J. W. McGEHEE, G. E. CRUTCHFIELD, JNO. F. SCOTT,

J. E. SMITH. J. E. AMOS, Commissioners, A. Wilkinson, Clerk.

NOTICE TO PROPERTY OWNERS ON THOMPSONVILLE STREET

At a regular meeting of the Con missioners of the Town of Reidsville, North Carolina, held at the Town Hall

"Be it ordered by the Board of Commissioners of the Town of Reids-A. Wilkinson, Clerk of this Board has

Beginning at the intersection of Thompsonville and Montgomery Franklin and Lindsey Streets and run- streets at W. J. Mitchell's store and the intersection of said Franklin street to the intersection of Thomponlot.

(which is hereby made a local improvement district as contemplated in Cnapter 56, Public Laws, 1915) and Cnapter 56, Public Laws, 1915) and has lodged his certificate showing the has lodged his certificate showing the sufficiency of said petition in all raspects as required by Chapter 5, Public Laws, North Carolina, 1915.

'Therefore, be it resolved that the local stree improvement to wit: th; provement district adircent to their said connections to be made on or besaid connections to be made and the cost thereof shall be specially assesscel of land for in connection with which it was made.

"It is further ordered that the owners of property abutting on said street to be paved, within said local improvement district, shall be assessed upon ment district, shall be assessed upon said abutting property one-half the cost of said streets, said assessments shall be payable in ten equal installments but said assessments shall bear thence West with John T. Smith and six per cent. Interet per annum from six per cent. Interet per annum from lienry S. Kallam 67 poles to pointers date of the confirmation of the assessment roll.

M. P. CUMMINGS, Mayor. J. W. MCGEHER G. E. CRUTCHFIELD. JNO. F. SCOTT, J. E. SMITH.