

# 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.**

**Department of Agriculture Tells Housewives How to Plan Meals Without Reducing Nutritive Value and at the Same Time Decrease Cost.**

HOUSEWIVES 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.

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 or an egg from the protein group (group 2).

**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 popcorn.

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

**3.—Eggs, Meat, Milk; Similar Foods.**  
Eggs (scrambled, boiled, poached, etc.), egg toast, 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.

**4.—Sweet and Other Sweets.**  
Sugar, sirup, molasses, honey, thick dried fruits, jam and heavy preserves. Sugar, honey, 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 cooking, 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 them.

**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 also. When the other meats are abundant both meat and sweets or fruit might be omitted and bread and butter or bread or cereal and milk used alone.

**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—i. e., thickened milk sauce; dried beans or peas baked or boiled; baked peanut or other nut loaf (ground or chopped and mixed with breadcrumbs, an egg, milk and seasoning); meat stew or pie (leftover meat 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 sweets) or with crackers in place of sweet dessert) or meat sandwiches or milk. Either hot or cold dishes are used for luncheon, according to convenience. The above list includes both.

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

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

**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; fresh

vegetables used in salads, such as lettuce, celery, young onions, radishes, etc. Fruits fresh or stewed are commonly 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 meal of the day and commonly a meal at which all the five groups are substantially represented. Generally speaking, the fewer times each group is represented by a principal dish the simpler the meal. For instance, a dinner with a meat soup and a meat is not so simple as it would be if the soup were omitted. Meals seem more abundant if several representatives of 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 way of simplifying dinner.

**Meat, Fish, Cheese.**

Baked, scalloped or fried fish, meat stew, pot roast or meat loaf with gravy (inexpensive cuts) or other meat and fish dishes; baked beans (soy beans or cowpeas, if obtainable, are as desirable as navy or other beans more commonly used); cheese with macaroni or rice; bean or peanut loaf.

**Potatoes, Green Vegetables, Fruits and Similar Foods.**

Potatoes, sweet potatoes, turnips, carrots, parsnips, beets, onions, 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 3, such as rice, hominy or macaroni, are often served in place of a vegetable. When this is done care must be taken to supply fruits and greens in order that mineral 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, crackers.

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.**

Bread pudding, cottage pudding, simple fruit puddings, custard or other simple made desserts, dried sweet fruits, jams, preserves.

Fresh or canned fruits representing group 1, cheese representing group 2, with crackers representing group 3, or nuts 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. Details of the invention, however, are being withheld for obvious reasons. Announcement that the bureau's experts 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 wearing of the present types of oxygen rescue apparatus involves grave danger, owing to the fact that the makers have as yet failed to meet satisfactorily certain mechanical and physiological needs in construction. They point out these dangers and suggest ways in which they may be eliminated.

"While this report is primarily of interest to the mining industry and is meant as a measure for the improvement in the oxygen apparatus used in saving life at mine disasters," said the statement, "it comes at such a time as to be of great value to the army and navy in their need of apparatus to protect the lives of their men in warfare."

**NOTICE OF SALE**

State of North Carolina )  
County of Rockingham )

Under and by virtue of an order of the Superior Court of Rockingham County, made in the special proceeding entitled G. H. French, administrator, of J. D. French, deceased, against Mrs. M. J. French and others, the undersigned commissioner will, on the 26th day of May 1917, at two o'clock p. m. in front of the monument at Reidsville, North Carolina, offer for sale to the highest bidder for cash 49 undivided interest of J. D. French in that certain tract of land lying and being in Ruffin Township, Rockingham County, North Carolina, adjoining the lands of Jesse Broadnax, G. H. French and others and more particularly described as follows, to wit: Lying in Ruffin Township, about 1/4 section on the East, Jackson Page on the North, G. H. French and Mrs. Laurer on the East, Jackson Page on the South, T. H. Pritchett on the West and containing 74 acres more or less.  
IRA R. HUMPHREYS, Com.

**NOTICE**

State of North Carolina,  
Rockingham County.

Superior Court  
Before the Clerk

**NOTICE OF ACTION**

B. M. Cahill, Guardian of W. )  
M. Lewis, lunatic, Annie L. Bur- )  
on and husband, John A. Bur- )  
on; Kate L. Cahill and husband )  
B. M. Cahill, )  
vs. )  
N. B. Lewis; Robert Lewis and )  
wife, — Lewis; Mary Sue )  
Walker and husband, E. K. Lew- )  
is; Mrs. Mamie Lewis; Lenoir )  
Lewis and Delva Lewis, the last )  
two infants, and their guardian )  
M. P. Black. )

The above entitled action is a Special Proceeding, 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 his office in Wentworth at eleven o'clock on Monday, the 11th day of June, 1917 in which the Defendants are interested; the purpose of said suit being to procure an Order of Court for the sale of all the tract of land owned by the Plaintiff Ward, W. M. Lewis, and known as Valley Field, which has heretofore not been sold, situated in said county of Rockingham; the proceeds thereof to be applied 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 demure to the petition in this cause, or the Plaintiff will apply to the Court for the relief demanded therein. The balance of the tract, being now 398.19 acres, more or less, and there being an offer for the same from J. R. Caffey, Esq. for \$9,500.00.

Witness my hand and official seal in Wentworth this 11th day of May, 1917.

JAS. T. SMITH,  
Clerk 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 Proceeding, entitled, "Emma Nance et al and W. K. Nance, Guardian, Exparte," the same being upon the Special proceedings docket of said county in said court, and owing to an insufficient price bid at prior sale, and by reason of a better bid having been placed on the lands herein referred to within the time allowed by law, the undersigned commissioner duly appointed by the court, will on the 22nd day of May 1917, at 10:00 A. M. in front of the Bank of Reidsville, of 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 Township, and adjoining the lands of Nanie 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° 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 description of said property, see deed of conveyance of same from J. E. Nance et al W. B. Nance, father of petitioner, and late husband of said widow Emma Nance, in the office of Register of Deeds for Rockingham County, N. C., Book 146, page 38, etc. This 6th day of May, 1917.

W. K. NANCE, Commissioner  
D. H. Parsons, Atty.

**LAND SALE.**

Under the Power of Sale contained in a Deed of Trust executed to me by E. D. Kallam and wife Lelia A. Kallam of date December the 27th, 1912, and recorded in the office of the Register of Deeds, in Book 170, page 513, the terms of which have not been complied with, I shall at the Court House door in Wentworth at noon, on MONDAY, THE 28TH DAY OF MAY, 1917, sell for cash to the highest bidder, a certain tract of land in Price Township, adjoining the lands of William Smith, Thomas R. Pratt, Sallie Rakestraw, J. W. Grogan and others: Beginning at an ash; thence North 104 East with G. McDonald and others 132 poles to pointers in David Kallam's line; thence with his line North 80 East to a rock in said Kallam's line 41 poles; thence South with Nancy and Mary Kallam's line 67 poles to a post stump; thence East with said line to a red oak 84 poles thence South with William Smith's line 62 poles to a black gum; thence West with said Smith's line 80 poles to pointers; thence South 120 poles to a red oak in John T. Smith's line; thence West with John T. Smith and Henry S. Kallam 67 poles to pointers in Winston Kallam's line; and containing 125 acres, more or less.  
This the 19th day of April, 1917.  
H. R. SCOTT, Trustee.

The Review and Bryan's  
Commoner \$2.00 per year

**NOTICE TO PROPERTY OWNERS ON SCALES 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 following 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 submitted to this Board a petition of a majority of the abutting property owners on the following described local improvement district, viz: Beginning at the intersection of Scales and Gilmer Streets at Citizens Bank corner and running south with said Scales Street to the intersection of said Scales Street with Settle Street at Townsend Buggy Co., Store. (which is hereby made a local improvement district as contemplated in Chapter 56, Public Laws, 1915) and has lodged his certificate showing the sufficiency of said petition in all respects as required by Chapter 5, Public Laws, North Carolina, 1915.

"Therefore, be it resolved that the local street improvement to wit: the paving of all of said local improvement district composed of said local improvement district composed of said portion of Scales Street with sheet asphalt on a concrete base as per plans and specifications to be filed by a competent engineer and approved by this Board. It is further ordered that owners of all property abutting on said street and within said local improvement district, to be paved, shall connect their several premises with water mains and sewer pipes located in the said local improvement district adjacent to their several premises in the manner herein prescribed, viz: They shall cause said connections to be made on or before the 1st day of July, 1917, or the Board of Commissioners will cause 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. interest 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 following 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 submitted to this Board a petition of a majority of the abutting property owners on the following described local improvement district, viz: Beginning at the intersection of Franklin and Lindsey Streets and running north with said Franklin Street to the intersection of said Franklin Street with Pine Street near H. R. Scott's lot.

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

"Therefore, be it resolved that the local street improvement to wit: the paving of all of said local improvement district composed of said local improvement district composed of said portion of Franklin Street with sheet asphalt on a concrete base as per plans and specifications to be filed by a competent engineer and approved by this Board. It is further ordered that owners of all property abutting on said street and within said local improvement district, to be paved, shall connect their several premises with water mains and sewer pipes located in the said local improvement district adjacent to their several premises in the manner herein prescribed, viz: They shall cause said connections to be made on or before the 1st day of July, 1917, or the Board of Commissioners will cause 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. interest 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 WEST MARKET 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 following 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 submitted to this Board a petition of a majority of the abutting property owners on the following described local improvement district, viz: Beginning at the intersection of West Market and Settle Streets, and running north with said West Market Street to the intersection of said West Market Street with Gilmer Street at T. L. Rorer's corner.

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

"Therefore, be it resolved that the local street improvement to wit: the paving of all of said local improvement district composed of said local improvement district composed of said portion of West Market Street with sheet asphalt on a concrete base as per plans and specifications to be filed by a competent engineer and approved by this Board. It is further ordered that owners of all property abutting on said street and within said local improvement district, to be paved, shall connect their several premises with water mains and sewer pipes located in the said local improvement district adjacent to their several premises in the manner herein prescribed, viz: They shall cause said connections to be made on or before the 1st day of July, 1917, or the Board of Commissioners will cause 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. interest 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 Commissioners of the Town of Reidsville, North Carolina, held at the Town Hall on the 8th day of May 1917, the following 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 submitted to this Board a petition of a majority of the abutting property owners on the following described local improvement district, viz: Beginning at the intersection of Thompsonville and Montgomery Streets at W. J. Mitchell's store and running east with said Thompsonville street to the intersection of Thompsonville and Barnes street at J. N. Watt's lot.

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

"Therefore, be it resolved that the local street improvement to wit: the paving of all of said local improvement district composed of said local improvement district composed of said portion of Thompsonville Street with sheet asphalt on a concrete base as per plans and specifications to be filed by a competent engineer and approved by this Board. It is further ordered that owners of all property abutting on said street and within said local improvement district, to be paved, shall connect their several premises with water mains and sewer pipes located in the said local improvement district adjacent to their several premises in the manner herein prescribed, viz: They shall cause said connections to be made on or before the 1st day of July, 1917, or the Board of Commissioners will cause 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. interest 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.