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## WHAT YOU SHOULD KNOW ABOUT HOMINY GRITS

### Dwellers in the North and West Do Not Always Realize Full Value of Popular Southern Dish.

John Phillip Street, in his recent article on macaroni and spaghetti in a recent issue of a well known home magazine, says: "Many brands of macaroni show a carbohydrate reduction of 40 per cent to 50 per cent and possess positive merit as the dietic food table." "There is even an allied food table showing the difference of values of white and dark "Irish potato macaroni." And when you recall the fact that there are now over one million and a half of sufferers from diabetes in the United States alone, you may easily glimpse the market for macaroni in this direction if the facts on the subject were brought home to their attention, and the advertising quoted.

You have heard of the famous Arnold Lorand of Carlsbad. He is quoted throughout the world, and on pages 219 and 221 of his great work on health and diet, he says: 'I recommend macaroni; it is nutritive and easily digested and does not impose any hard work on the stomach and digestive functions. It is well tolerated and quickly taken up into the system. Nor does macaroni contain any of the injurious substances so common in other protein foods, substances which make difficult work for the liver and blood vessels. Macaroni then forms an ideal food for liver and kidney patients, as well as for arterio sclerosis, gout, hardening of the arteries, etc. Macaroni is excellent in all such cases because it does not lead to the formation of uric acid; also macaroni antagonizes intestinal putrefaction. We have every reason, therefore, to give first place to macaroni as a nourishing food, remembering that it contains per kilo a total of 3,260 to 3,610 calories."

Borner, another authority, says: "Macaroni (the durum wheat product) is rich in gluten and less than 11 per cent of it is lost in the process of digestion and assimilation."

And we have Uncle Sam himself on the side of macaroni. The same authorities call attention to the U. S. Naval Act of June 29, 1906, which amends the old status so as to include a weekly allowance of at least a quarter of a pound of lagniar, one and one-half pounds of condensed milk, four pounds of fresh vegetables or four pounds of fruit. Note the force of the equivalents.

Let us now consider another quality of macaroni, its immunity and freedom from those elements which cause toxins, poisons and uric acid. Gilman Thompson, one of the greatest authorities of London, England, says: 'Macaroni is a valuable food, and is good for flesh making in the animal economy as the most nutritious meats, beef or mutton, and is very considerably more digestible than meat, and does not cause formation of uric acid, making it especially valuable as a food in cases of rheumatism, lumbago, gout.'

Robert Hutchinson of Edinborough, Scotland, says: 'The use of macaroni is indicated in conditions where complete digestibility is required and where it is advisable to leave behind in the intestines the smallest residue possible.'

Dr. J. C. Curran, associate director of the Near East Relief and Surgeon-Commander, U. S. N., said:

"We physicians and nurses have been on the ground now two years and have seen the little children who sometimes wander through the hills for weeks feeding upon weeds, have observed the wonderful recuperative value of macaroni to starving little bodies. There is no other food so satisfactory. Macaroni is rich in gluten, which is the most nourishing element required especially by children. It is a splendid meat substitute and can be made very palatable. We would rather have macaroni than any other food for these hungry children."

Readers of Our Family Food who are interested in the full text of the above three quotations are made may learn the titles and publishers of the same by sending a stamped addressed envelope.

## BANK ORGANIZED FIFTY YEARS AGO

### Portland Institution Celebrates Its Golden Anniversary; Only Two Presidents.

Portland, Ind. Jan. 12.—It is believed that Walter M. Haynes, president of the Peoples Bank of this city, holds the record in Indiana as having served the longest in office with a banking institution. The local bank is the oldest banking institution operating in the state of state bank organized in Indiana. The bank was organized with a capital of $10,000 and elected Judge J. M. Haynes, father of Walter M. Haynes, as the first president, however the first year found the Judge in the office of president of the bank. The institution has had only two presidents in its history, the father and son. The population of Portland at the time the bank was organized was only 600.

The stockholders have selected the following officers for the bank for the ensuing year: Walter M. Haynes, C. F. Headington, C. Corwin, E. M. Haynes, W. A. Moorman, J. G. Crowell and L. W. Hoover.

**Hawks Defeat Winchester.**

The Portland Studebakers defeated the basketball team of the Winchester Independents in a closely contested game at the armory here last night. It was anybody's game until the last minute, however the Studebakers finally won out by a slight margin. The score was 28 to 25. The basketball team of the 151st Howitzer Company easily defeated the Medical Unit's quintette by the score of 17 to 7. The game was a preliminary before the Studebaker-Winchester game, played by the Nokaver Knit Goods Operations.

**Says Wife Tagged.**

Life in the same house with his wife is not worth the living, according to a complaint filed here for divorce by John H. White against his wife Hattie White. The two were married February 14, 1920, and lived happily until July 1922, White charges that his wife constantly nagged at him and accused him of associating with women of bad character.

Mrs. Emma all Schofield, the first woman to sit on the Massachusetts industrial accident board, is admitted by her male colleagues to be setting the pace for them in hard work.

Arkansas scientists have developed a substance to be added to natural gas without affecting it but which gives it an odor that calls attention to leaks.

## LESS MONEY IS PAID THE POOR

### Newcastle Subscribers Invited to Attend Conference and Hear State Secretary.

Alexandria, Ind. Jan. 12.—The annual financial report filed with the county auditor Monday by retiring township trustee William Cunningham shows a reduction of over $500 in the expending of money from the poor fund. A movement was started in Newcastle last year by a large number of individuals who have been proving on the township poor fund each year and the report of Trustee Cunningham shows the first results.

**Sheriff Tells Home.**

Sheriff Art Daniels was in Alexandria Tuesday morning for a short time. The new sheriff remarked that the duties of the sheriff's office have been keeping him busy each day since taking over the office. Sheriff Daniels already has a number of arrests to his credit.

**Parent-Teacher Club Formed.**

Forty-eight persons attended the meeting this week at the high school building for the purpose of organizing a Parent-Teachers Association in Alexandria.

Superintendent Fred Stoler was chairman of the meeting and after the reading of the minutes of the previous meeting a report of the committee on constitution and by-laws was accepted.

The new organization will be known as the Central School Parent-Teachers Association.

After a separate vote on the constitution and by-laws section three of the by-laws was rejected. The constitution was signed by all those attending the meeting.

In the election of officers Mrs. E. H. Hoffman was elected president, Mrs. Gertrude Clendenen, vice-president, Miss Ruth Kanaedi, secretary, Mrs. Hilton Cripe, treasurer. The executive committee of the association will be composed of the officers and Prof. Ernest Holsinger, principal of the high school.

The Parent-Teachers Association will be one of the backers of the art exhibit planned by the high school from February 7 to 10.

France now has 7714 locomotives, 1764 passenger cars, and 49,134 freight cars.

There's No Other Sack So Popular As
Gilt Edge Flour
WHY? You can buy it in several size sacks, to meet your convenience. It makes superior baked products.
It produces big results from a minimum quantity of flour.
It costs no more but produces better results.
On Sale at Your Grocers
J. W. Walker & Son
Middletown, Indiana
Distributors

Townsend Bros.
GROCERIES AND MEATS

| | |
|---|---|
| Monarch | 35c |
| Coffee | |
| Our Own | 25c |
| Yellow Bag | |
| Fresh | 50c |
| Eggs | |
| Red Beans, | 12½c |
| Home Grown | |
| Oleo, Country | 32c |
| Roll, Colored | |
| Pure | 15c |
| Lard | |
| Rolled | 10c |
| Oats | |
| Fancy Dried | 25c |
| Peach | |
| Apples | 5, 6, 8c |
| Pound | |

We Have Just Killed
ANOTHER BABY BEEF
PHONE 2553
900 Wheeling Ave.

CASCARETS 10¢
For Constipated Bowels, Sick Headache, Sour Stomach, Bilious Liver
The nicest cathartic-laxative in the world to physic your liver and bowels when you have Dizzy Headache, Colds, Biliousness, Indigestion, or Upset, Acid Stomach is candy-like "Cascarets." One or two tonight will empty your bowels completely by morning, and you will feel splendid. "They work while you sleep." Cascarets never stip you up or gripe like Salts, Pills, Calomel, or Oil and they cost only ten cents a box. Children love Cascarets, too.—Adv.

TRADE HERE AND BE CONVINCED THAT WE CAN SAVE YOU 25 TO 35 PERCENT ON
QUALITY MEATS

| | | | |
|---|---|---|---|
| SMOKED HAMS, WHOLE OR HALF, LB. | 17c | | |
| FRESH SHOULDERS, WHOLE OR HALF, LB. | 12½c | | |
| FRESH SIDE PORK IN PIECE, LB. | 15c | | |
| Beef Boil, lb. | 6c | Pork Steak, lb. | 18c |
| Pot Roast, lb. | 10c | Pork Roast, lb. | 18c |
| Chuck Roast, lb. | 12½c | Pork Sausage, lb. | 10c |
| Rib Roast, roll, lb. | 18c | Veal Steak, lb. | 25c |
| Hamburg, lb. | 10c | Pork or Beef Hearts, lb. | 8c |
| Spare Ribs, lb. | 12½c | Neck Bones, lb. | 5c |

ROUND OR LOIN STEAK, CHOICE AT ..... 20c
BUEHLER BROS.
National Distributors of Meat
321 S. Walnut St. Phone 1023

Town Crier FLOUR
Pledge
EAT MORE GOOD BREAD
DISTRIBUTORS
Service Flour Co.
Phone 641

MICHAEL'S
CUT PRICE DRUGS
Better Service.
RUBBER GOODS SALE
FOR FRIDAY AND SATURDAY
Special prices on guaranteed Hot Water Bottles and Fountain Syringes.

| | |
|---|---|
| Meritol No. 20 Hot Water Bottle | 98c |
| Wearever No. 25 Hot Water Bottle | $1.19 |
| Wearever No. 25 Fountain Syringe | $1.98 |
| Combination Good Health Hot Water Bottle | $1.48 |
| Combination Good Health Fountain Syringe | $2.48 |
| Meritol No. 10 Hot Water Bottle | $1.98 |
| Wearever No. 40 Hot Water Bottle | $1.98 |
| Wearever No. 40 Combination Syringe | $2.98 |

FREE TOY BALLOONS for the Kiddies
With each sale of a Hot Water Bottle or Syringe on Friday or Saturday we will give a WEAREVER Balloon FREE.
Friday and Saturday Savers
LUX 10c
GOLDEN WEST TEA ½ POUND, 30c
SATURDAY ONLY PURE DOMINO GRANULATED SUGAR 2 POUNDS FOR 15c
Auditorium BATH SOAP 3 Bars for 21c
CUT PRICES on PATENT MEDICINES AND TOILET GOODS
JUST RECEIVED another supply of TENDRESSE FACE POWDER. "That wonderful new French powder." Worth more but priced at ..... 75c
TRY OUR LUNCHEONETTE
Served from 10:30 a. m. to 10:30 p. m.
SANDWICHES

| | |
|---|---|
| Ham, hot and cold | 10c |
| Meat Salad | 10c |
| Cheese | 10c |
| Pork | 10c |
| Hot Dog | 5c |
| Cake | 10c |
| Coffee | 5c |
| Beans | 10c |
| Fruit Salad | 10c |
| Chili | 10c |
| Hot Chocolate | 10c |
| Hot Fudge | 15c |

—Special—

| | |
|---|---|
| Egg and Lettuce Sandwich | 10c |
| Hard Boiled Egg | 10c |
| Pie a la Mode | 15c |

MICHAEL'S

HOFFER'S MARKET
At 411 South Walnut Street
The Largest Exclusive Sanitary Meat Market in the City.
Our Great Extra Special HAMS Whole or Half lb. 22c

| BEEF | LB. | PORK | LB. |
|---|---|---|---|
| Choice Rib Roast | 18c | Pork Shoulders | 14c |
| Choice Beef Roast | 14-15c | Pork Rib Roast | 25c |
| Choice Pot Roast | 12c | Pork Shoulder Roast | 18c |
| Choice Beef Boil | 10-8c | Pork Shoulder Chops | 25c |
| Fresh Hamburger, 2 lb. | 25c | Pork Rib, Loin Chops | 25c |
| Loin and Round Steak | 25c | Pork Sausage, 2 for | 25c |
| Tender Young Steak | 15c | Fresh Spare Ribs | 14c |
| Beef Hearts | 10c | Pig Hearts | 8c |
| Flank Steaks | 25c | Shoulder Ribs | 8c |
| Beef Liver | 10c | Pig Liver, 2 for | 13c |
| Veal Roast | 25-20c | Fresh Hams | 25c |
| Lamb Roast | 30-25c | Fresh Side Pork | 20-18c |

COUNTRY ROLL, 2 for 45c
GOOD LUCK, 2 for 53c

| | | | |
|---|---|---|---|
| Hams, whole or half | 22c | No. 5 Pail Lard | 65c |
| Calla Hams | 15-13c | No. 10 Pail Lard | $1.25 |
| Daytop Hams | 25c | No. 25 Can Lard | $3.13 |
| Cottage Hams | 35c | No. 50 Can Lard | $6.25 |

CHOICE BACON 15c, 18c, 20c, 22c, 25c, 28c, 30c
Fresh Fish and Oysters

| | | | |
|---|---|---|---|
| Halibut, sliced | 35-30c | Standards, pint | 35c |
| Salmon Steak | 30c | Selects, pint | 40c |
| White Fish | 30c | N. Y. counts, pint | 45c |
| Boneless White | 30c | Cat Fish | 35c |
| Yellow Perch | 30c | Carp, dressed | 20c |
| Pickerel dressed | 30-25c | Creamery Butter | 57c |

Edw. A. Hoffer
Every Day is MEAT BARGAIN DAY At Hoffer's
The Largest Retail Market in the City.
Phone 139 411 South Walnut Street

SPECIALS FOR SATURDAY

| | |
|---|---|
| Beef Roast, (from the very finest of steers), per pound, Saturday | 18c |
| Boiling Beef, pound, 10c and | 12c |
| Round Steak pound | 24c |
| Loin Steak, pound | 24c |
| Minced Ham pound | 16c |
| Porter House Steak pound | 28c |
| Pork Ham Roast pound | 28c |
| Pressed Ham, made of the very finest pork, pound | 18c |
| Fresh Shoulder Roast, pound | 20c |
| Pork Chops pound | 24c |

We want to emphasize the fact we slaughter only the very finest of cattle and Hogs raised in Delaware and Madison counties. We don't buy the cheap cuts of pork and beef from the Chicago packers and quote low prices. Our prices are the very lowest consistent with the high quality meats we sell.

Genuine Pure Lard
10 Pound Pail ..... $1.10
5 Pound Pail ..... 60c
These are real specials for absolute quality lard

JOWLS (Hickory Smoked) Pound ..... 11c
Smoked Ham, sugar cured, very finest, (whole) pound ..... 24c
OUR OWN SPECIAL BRAND BACON — Sugar cured, the very finest, by the slab ..... 25c

To Introduce Our Famous Farm Sausage
To the citizens of Muncie and Delaware County we will sell for Saturday only at ..... 16c
This is sausage made from real pure and fine cuts from pork—to appreciate what real sausage is you will have to try our Famous Farm Sausage.

YOU CAN ECONOMIZE BY BUYING WHOLE HAMS, PORK LOINS, FRESH SHOULDERS OR TRADE HOGS, DRESSED COUNTRY STYLE. PRICES FOR SATURDAY:
Fresh Hams, Whole, per lb. ...20c|| Fine Pork Loin, whole, per lb. ...20c|| Fr. Shoulders, whole, N.Y. style 16c
MELLETS MARKET
Successors to Kuhner & Davidson
115 East Charles WHOLESALE AND RETAIL

PRESS CLASSIFIED ADS BRING RESULTS

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