

Food

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By
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We used to think that the cells were daily broken down, but now we know that the cell is not destroyed, but that it takes food, manifests activity, excretes, and lives not a normal length of life; as the cell is well fed and healthy so is the aggregate of cells, the body, a perfectly working mechanism. With a healthy body we can have an active mind to build an enviable personality and a worthwhile destiny. True it is that a man is known by the food he eats, the books he reads, and the people he remembers.

The accepted standard for measuring the energy producing properties of food is the calorie; it is both a heat unit and a food value unit. A calorie is that amount of heat necessary to raise one pound of water four degrees Fahrenheit, and as food burned in a calorimeter and food burned (or oxidized) in the body gives off approximately the same amount of heat energy, the same unit of measure is used for both. Although the calorie standard is not sufficient guidance for a successful diet, which must maintain the proper balance of proteins, carbohydrates, fats, and minerals for the healthy condition of the body and mind, it is valuable in rating the amount of food necessary to generate energy for the various activities of the day and night. While sleeping we use about sixty calories per hour; awake, lying still in bed, from seventy to seventy-five; sitting up in bed, an increase of twenty; and standing at rest, about one hundred and fifteen. Upon awakening a quickening of mental activity takes place and then when one raises the body from a prone position the heart action increases, and so on as activities are quickened a greater output of energy is demanded.

The number of calories needed in a day depends upon the individual, his physical makeup, weight, and his vocation; the sedentary worker burns up from eighteen hundred to twenty-five hundred calories per day, while the lumberman needs five thousand. However, about two thousand is a good general average for the purpose of making a sample menu of a day's requirement. Although there is such a thing as one's not eating a sufficient amount of food, it is hardly necessary to dwell much on this subject for the average individual eats about fifteen times his weight in food each year when seven and a half times his weight is all that he needs. The excess of food which does not produce fat clogs the system, causing auto-intoxication, and robs the body both physically and mentally because of the unnecessary expenditure of energy required to get rid of the surplus.

The following foods, fifty-one ounces in weight and about two thousand two hundred forty calories in heat value are sufficient for the day's menu for the average individual:

- Bread 8 oz.— 600 cal.
 - Butter 3 oz.— 600 cal.
 - Meat 4 oz.— 250 cal.
 - Milk 16 oz.— 300 cal.
 - Potatoes 8 oz.— 350 cal.
 - Cooked Greens 4 oz.— 50 cal.
 - Raw Greens 4 oz.— 40 cal.
 - Fruits 4 oz.— 50 cal.
 - Total 51 oz.—2,240 cal.
- Divided according to the taste and need of the individual, one would find

this seemingly limited quantity of food enough to satisfy hunger and maintain weight.

Bread, the principal starch food of the average family, is a most nutritious food, and for this reason is consumed in far too great a quantity by the average individual. Where bread is consumed, 100 per cent whole wheat bread is recommended because of its mineral content, but even then the whole wheat flour on the commercial market today is a sad imitation of the genuine article. This is likewise true of the majority of commercial corn meal offered for public consumption. The milling processes remove the germ of life from the grain so that the flour or meal, as the case might be, will stand shipping and keep indefinitely on the grocers' shelf. But even where fresh flour or meal may be obtained that has not degenerated, it is well to note that all cereals leave an acid ash after the digestive process is completed and for that reason should be in but small quantities by the average person. Those living extremely active lives calling for much exercise or heavy labor can, of course, indulge to a greater extent in breads and cereals with safety, but even then they will do well to look to the Irish potato for their carbohydrates. In the adult menu other proteins might better be substituted for meat several times a week; potatoes are a very valuable food and far superior to fancily iced cakes for the carbohydrate portion of the diet. The greens furnish the minerals and the necessary bulk to aid digestion and elimination; and milk should always be included as it is itself a perfectly balanced food.

(Continued Next Week)

-Kunkle-

Mrs. F. P. Kunkle, Correspondent

Mr. and Mrs. Creston Gallup entertained on Sunday Mr. and Mrs. Joseph Sickler, daughter, Ruth, and Mrs. Ellen Mansfield, of Noxen.

The dance at Kunkle Community Hall on Saturday night, November 22, will be a benefit for a worthy family of the community, who have met with misfortune. Tickets are now on sale and are 50c for men and 25c for ladies. Come and help out a good cause. There will be good music and refreshments.

Worth driving miles to play.
Da-Nite Golf.
Da-Nite Building
Fernbrook, Shavertown Road.
Opens Saturday 2:00 P. M.

Quite a number from here attended the P. T. A. meeting at the township school house on Monday evening.

Mrs. Ralph Hess entertained her S. S. class with a party at her home on Friday evening, with Mrs. Frank Hess as assisting hostess. A pleasant evening of games and conversation was enjoyed and at a late hour lunch was served to Mrs. Ralph Elston, Mrs. Owen Ide, Miss Frances Hess, Mrs. Wm. Miers, Mrs. Gideon Miller, Mrs. Ralph Ashburner, Mr. Wm. Brace, Miss Gertrude Smith, Mrs. Olin Kunkle, Miss Doris Hess and the hostesses, Mrs. Frank Hess and Mrs. Ralph Hess.

Mr. and Mrs. Carl Mackinson and daughter, Nellie, were callers Sunday evening at the homes of Olin Kunkle and Fred Kunkle.

Fred Scott, of Yonkers, N. Y., who has been visiting his brother, Alvin Scott, returned to his home on Saturday.

The Kunkle Ladies' Society will present a play, "The Donation Party," at the Community Hall on Thanksgiving night, November 27. The members of the cast are: Rev. Geo. Baxter, Russell Miers; Mrs. Baxter, Emily Honeywell; Aunt Jerushy, Mrs. Olin Kunkle; Phoebe Almira Huxtil, Althea Landon; Bro. Smith, James Miers; Squire Applebee, Edwin Shoemaker; Peter Jones, Phillip Kunkle; Herbert Baxter, Thomas Landon; Mrs. Wilkins, Mrs. Wm. Brace; Mary Baxter, Dorothy Elston; Hannah Baxter, Lois Landon; Samantha, Mrs. Ralph Elston; Malissy, Mrs. Ralph Ashburner; Marm Brown, Mrs. Jason Kunkle; Mr. Smith, Wm. Brace; Old Peters, Phillip Kunkle; Joe Bunkle, Clyde Hoyt; the tramp, Wm. Brace. All are working hard to make the play a success. Refreshments will be on sale and all who attend are assured an enjoyable evening.

Miss Altheda Nulton spent Wednesday afternoon and evening of last week with her aunt, Mrs. W. H. Condon.

Say Merry Christmas with an ELGIN

\$37.50

Even if you should seek the advice of old Santa Claus himself, you could find no better way to say "Merry Christmas" than with a smart, new Elgin watch.

An extremely attractive wrist watch, richly engraved, 15 jewel movement, 14K white gold filled case.....\$37.50

H. E. Freeman
Luzerne, Pa.

Mrs. C. W. Kunkle is making an extended visit with her sister, Mrs. W. S. Fish, and other relatives at Brookdale, Pa.

Mrs. W. S. Kunkle, Mrs. J. S. Kunkle and Mrs. Ralph Ashburner visited Alex Johnston in Nesbitt Memorial hospital last week.

Miss Dorothy Elston was the guest of Miss Ellen Kunkle Thursday night of last week.

Lorin Kunkle, son of Mr. and Mrs. Albert Kunkle, who was ill Sunday and Monday, is recovering.

Centremoreland

Mrs. May Besteder, Correspondent

Corey Bell and family were called to Easton Monday of this week to attend the funeral of his sister, Mrs. Etta Curtis.

A large number of our people attended a party at the home of Howard Mathers, of White's Ferry, last Saturday evening.

Worth driving miles to play.
Da-Nite Golf.
Da-Nite Building
Fernbrook, Shavertown Road.
Opens Saturday 2:00 P. M.

Garfield Jackson, of Harvey's Lake, preached in the Baptist church Sunday evening.

Miss Lois Gay spent the week-end with Misses Alice Weave and Marjorie DeGrau at Green Castle.

Mr. and Mrs. Lance Harris are rejoicing over the arrival of a little son in their home, which they have named Walter Lewis.

Clarence Besteder enrolled this week as a student in Wyoming Seminary Business College.

Community Day will be observed here Friday, the 21st. The several schools of the township will furnish the entertainment.

At the regular meeting of the Grange last Saturday night, officers for the coming year were elected as follows: Master, Albert Race; Overseer, S. S. Gay; Lecturer, Mrs. S. S. Gay; Steward, Clarence Besteder; Assistant Steward, Amasa Agnew; Chaplain, S. E. VanScoy; Secretary, Miss Lolita VanScoy; Treas., J. H. Geist; Gate Keeper, Wayne Weaver; Lady Assistant Steward, Mrs. Albert Race; Ceres, Mrs. Shook; Flora, Mrs. VanScoy; Pomona, Mrs. Agnew; Trustee, S. S. Gay.

Mr. and Mrs. Lewis Shook are entertaining their daughter, Mrs. Sarah Boyd, of Rochester, N. Y.

-South Run News-

Marie Patton Correspondent

Irene Clark, of Beaumont, taught school at South Run for the past few days, due to illness in the home of Mrs. E. MacDougall, of Beaumont, teacher of South Run school.

Thelma Patton and Mrs. Derwin Patton visited friends at Parsons on Wednesday, November 12.

Mrs. Clarence Shupp is again occupying her own home and is feeling quite well after a period of serious illness.

-Maple Grove-

Dora C. Davenport, Correspondent

Mrs. Benjamin Wise, of Forty Fort, is spending a few days with her sister Mrs. M. L. Ruggles. On Wednesday Mrs. Ruggles entertained friends at dinner.

Mr. and Mrs. Frank Price and daughter spent Sunday at Northumberland.

Mrs. George Stroud was called to Scranton last week by the sudden death of her father, Mrs. Pathe.

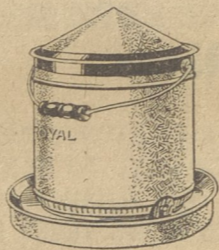
Rev. and Mrs. Clinton B. Henry, of Shavertown, have moved into the parsonage at this place.

Gay-Murray Co.

Incorporated
Tunkhannock

E. R. Parrish, one of Harvey's Lake progressive farmers, stopped in a short time ago for some of our Star Cow Stanchions. It pays to improve the barn, as comfortable stock produces more and it is well to consider the higher valuation of your property.

POULTRY EQUIPMENT A1
LOW PRICES



- 1-Gal. Fountains 95c
- 3-Gal. Thermic Fount. \$1.45
- 5-Gal. Thermic Fount. 1.95
- 12-in. Mash Feeders. 1.45
- 18-in. Mash Feeders 1.65
- Cello Glass, per sq. ft. 15c

Wind, water and break proof. Just ask the "Head Man" in the hen roost, he'll tell you it pays every time to use Cello Glass.

Both Simon Kunkle and Pete Traver, of Beaumont, were recent callers for supplies for driven wells. It's a cheap water system when you get pump and all for about \$10.00 or less.

Bring your water supply problems to us.

TRY GAY MURRAY FIRST
WE SELL FOR LESS

Mr. and Mrs. John Austin, of Oakdale, called on Mr. and Mrs. H. C. Mott last Sunday.

Mr. and Mrs. Frank Quoss, of Sweet Valley, were recent callers at S. E. Bronson's.

Miss Anna Naugle, Dorothy Goodwin and Rita Sayre took a course in the Teacher's Leadership School, conducted at Dallas.

Mr. and Mrs. C. H. Wolfe entertained friends at dinner on Sunday.

-Truckville-

Ruth Mathers, Correspondent.

Mrs. Ezra Hoover and Mrs. John Walk spent Wednesday with Mrs. Mary Knorr, of Carvertown.

Clarence Givens, George Horling, Harvey Horling, John Kernis and Jesse Thompson spent the week-end in Harrisburg.

Flossie Givens is in Wilkes-Barre this week.

Surprise Party

A surprise party was given in honor of Mrs. James Rowe, of Harris Hill, recently. Games and music were enjoyed by everyone. Luncheon was served to the following: Mr. and Mrs. Edwin Hay, Mr. and Mrs. Joseph Jones, Mr. and Mrs. Edwin Covey, Mr. and Mrs. Harry Lister, Sarah Piatt, Mary Prynne, Ruth Hoover, Pearl James, Catherine Fister, Marie Hay, Dorothy Hay, Sylvia Sipple, Dorothy Thompson, Mildred Rowe, Bill Thompson, Charles Gregory, Lester Culver, Walter Lloyd, Glenn Prynne, Lewis Burget, Henry Sipple, Fred Fister, Bill Butler, Harold Rowe, Mrs. Fister, Mr. and Mrs. James Rowe.

Have you tried it?
Da-Nite Golf.
Da-Nite Building, Shavertown.
Opens Saturday 2:00 P. M.

Mrs. Carrie Gordon, of Oklaoma, is visiting her sister, Mrs. Marion Finney, of Holly street.

Mr. and Mrs. E. A. Robinson, of Tunkhannock, are visiting the latter's sister, Mrs. Marion Finney, of Holly street.

Miss Frances Keeler spent the week-end in Philadelphia.

Peñrod Keller is in the hospital, where she underwent an operation recently.

Mrs. Spencer Hoffman, of Truckville, spent the past week at Scranton.

Mr. and Mrs. Robert Moore, of Binghamton, are spending a few weeks with Mr. and Mrs. John Cooper.

Mr. and Mrs. George Smith announce the birth of a son in General hospital November 13. Mother and son are doing well.

Mr. and Mrs. Frank G. Mathers and daughter, Ruth, and sons, Robert and David, spent Sunday afternoon with Mr. and Mrs. Earl B. Hess, of Nescopeck.

Kings Herald Standard Bearers Kings Herald Standard Bearers, Children's Missionary Society, M. E. church, met with Danny Knorr recently. Lesson was studied and lunch served to the following: Joseph Stencil, Danny Knorr, Evan Jenkins, Claudia Jones, Helen Lawson, Jessie Williams, Jean Traher, Louise Gregory,

Hazel Hughey, Margaret Glahn, Eleanor Bartells, Bobby Mathers, Ruth Traher.

Mr. and Mrs. David Williams attended a party at the home of McKinley French at Kingston on Friday.

Mrs. Arthur C. Johnson, of Carvertown road, who is in the West Side hospital, where she underwent an operation for appendicitis, is improving.

Calvin McHose, principal of Laketon schools, recently presented a loving cup, the trophy won by 1930 Kingston township baseball team. Mr. McHose spoke to the students on "Spirit of Nobility" and "Friendship." Both subjects were greatly enjoyed.

Lewis Roushey, Jake Hoover, Lester Hoover and Jake Harrison spent Thursday hunting at Springville.

Queen Esther Society held its monthly meeting at the church Monday evening.

Girl Scout News

Girl Scouts of Troup 19, Truckville, enjoyed Friday night and Saturday at their newly constructed cabin on the Herman L. Johnson farm. The girls were: Dell Riddell, Ruth Bennett, Alberta Lynn and Edna Billings. They were accompanied by Mrs. H. N. Graves as leader.

Epworth League monthly business meeting was held in the M. E. church Tuesday evening. There was a good attendance.

Mr. and Mrs. William Hausen entertained the card club of St. Theresas church at their home on Holly street last Thursday evening. Cards were played and lunch served to the following: Mr. and Mrs. Frank Anstett, Father O'Leary and Father Carro, Mrs. Viola Jenkins, Mr. and Mrs. Frank Locke, Mrs. Jacke Beline, Mrs. Fred Gobel, Mrs. Murphey, Mrs. Loux, Mrs. Randal and Miss Frances Randal, Mrs. LeRoy Dymond, Minerva Perkins, Marie Hansen, Mr. and Mrs. William Hansen. Prizes were won by the following: Father O'Leary, Mrs. Beline, Mrs. Dymond and Marie Hansen.

-Beaumont-

Betty Goodwin, Correspondent

Edward MacDougall was removed to the West Side Nesbitt hospital Tuesday morning, where he will undergo an operation.

Mrs. C. N. Goodwin has been ill the past week.

Evelyn Smith, infant daughter of

IT'S CONVENIENT

TO HAVE YOUR CLOTHES CLEANED, PRESSED AND REPAIRED HERE

Overcoats Steam Cleaned — Ladies' Coats Cleaned and Repaired
We Do Relining — Try Us First

Shulin and Uter

Main Street, Luzerne, Pa.

"YOUR NEAREST CLEANER, DYER AND TAILOR"

FOR YOUR THANKSGIVING NEEDS



THIS IS STATION S-A-V-E

Call Us
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WE DELIVER

SAT., NOVEMBER 22d

Everything you need for your Thanksgiving Dinner can be found on our shelves.

Old Home Flour

24½ Lbs. 89c
49 Lbs. \$1.69

High Quality

CHUCK ROAST
20c

Pork Butts
22c

STEAKS
ROUND SIRLOIN
PORTERHOUSE
39c

Pork Loin
24c

For Your Thanksgiving Dinner
All kinds Fruit Plum Pudding
Cranberries
Celery, Nuts
Sweet Potatoes
Fresh Lettuce

FREE

MRS. SADIE HASSELL
Will be at
OUR NEW STORE
on
SATURDAY, NOV. 22d
To Demonstrate
BLUE RIBBON CAKES

Hitchner's Crackers, 2 for 25c

Campbell's Tomato Soup 3 for 23c

Easton's Mayonnaise, 19c

Our Own Make Sausage, 32c Lb.

AND YOUR THANKSGIVING TURKEY

F. C. Malkemes

Opposite Trolley Station Shavertown, Pa.

FREE Help Wanted Advs.

For a limited time THE DALLAS POST will publish free of charge in the Help Wanted columns, all jobs for men, women, boys and girls, as a service to employers and employees throughout back mountain country region. While unemployment in this region is not as prevalent as in other sections of the country, this free service is offered to help anyone willing to create a job that will employ one jobless person for a few hours, a day or week or longer.

Call Dallas-300

and tell our adtaker about the job you want filled.