THE FRONTIER, O'NEILL, NEBRASKA



regular. It's fresh lemon juice and water taken first thing in the morning juice of one Sunkist Lemon in a glass of water. Taken thus, on an empty stomach, it stimulates normal bowel action, day after day, for most people. And lemons are actively good And lemons are actively good for you. They're among the richest sources of Vitamin C, which com-bats fatigue, helps resist colds and infections. They supply vitamins B, and P, aid digestion and help alkalinize the system. Try this grand wake-up drink 10 mornings. See if it doesn't help you! Use California Sunkist Lemons.

The function of the England General hospital at Atlantic City, N. J., is the reconditioning of convalescent soldiers and officers before being sent back to duty. In picture at top, Sergt. Vic Ghezzi, former national PGA champion (1942) instructs a class, using golf clubs for exercises. Lower left: Two soldiers, both wounded in Sicily, exercise on the pulleys. Each was recipient of the Purple Heart and other decorations. Circle: Sergt. Sam Goldman of Cleveland, Ohio, leads a class of soldiers in abdominal exercises.

## Kings and Queen of Health



As one of the preliminaries of Health day, the healthiest boy and girl from the Children's Aid society's city-wide centers (New York) were chosen and crowned at the society's west-side center. And here they | fashion show in Washington. The are (left to right) with nurse Odalovich. Viasco Cardoza, 51/2, king; Marie Romans, 51/2, queen; Hilton Douglas, 6, king of Negro children.

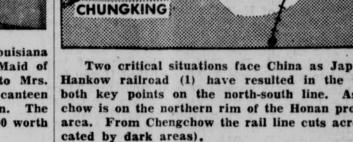
Floods Sweep Mississippi River Valley

'Fashion Note'

Miss Linwood Gisclard, Louisiana belle, who holds title of "Maid of Cotton," shows her dress to Mrs. Eleanor Roosevelt at the canteen dress is made of some \$2,000 worth

**WAC Summer Gear** 

of war bonds and stamps.



Bay area in March, taking a toll of about 7,000 Jap dead.

TAYUAN

CHENGCHOW

HONAN

ICHANG

ENG

YI

PEIPING-HANKOW RR.

PANTOW

PUCHOW

**Rail Key Loss Perils Honan Province** 

PEIPING

TSINAN

HAICHOW

SUCHOW

NANKING

Yangtze

HANGCHOW

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N

HANKOW

Two critical situations face China as Jap drives along the Peiping-Hankow railroad (1) have resulted in the taking of Chengchow (2), both key points on the north-south line. As the map shows, Chengchow is on the northern rim of the Honan province, a great food-raising area. From Chengchow the rail line cuts across Chinese territory (indi-

As if they didn't have enough shooting, these American doughboys who came back from the front line at Anzio beachbead for a rest, bang away at targets on the rifle range, somewhere in Italy.

pany, in Chicago. The Ward plant

**Behind Firing Line** 

vas seized u

velt's orders.



Victory Garde



Floods have been sweeping the Mississippi river valley, with the water at an all-time high in the St. Louis terrain, inundating great stretches of agricultural land, making many homeless, and wreaking untold property damage. Here is water flowing over the chain of rocks bridge highway, where a break in the Chouteau island levee loosed great floods of water.



"G. I. Jane" proudly exhibits a new summer uniform as an enlisted member of the WAC. The blouse and skirt are of the same tropical officers of the corps.



The above picture won the national grand prize in the news picture contest sponsored by the U. S. victory waste paper campaign. It was entered by John Mendicino of the Chicago Sun. Award was a \$500 war bond phy presented to her, following her worsted material as that worn by plus \$200 war bond for first place in the East North-Central region. Prize selection as Miss Pan-America of winners were announced by Linwood I. Noyes, president of the ANPA. 1944, at a contest held in Miami.



Lovely 19-year-old Virginia Warlen of Miami, Fla., holds huge tro-

## WNU-U Watch Your Kidneys

Help Them Cleanse the Blood

of Harmful Body Waste Your kidneys are constantly filter waste matter from the blood stream. kidneys sometimes lag in their work-not act as Nature intended—fail to not act as Nature intended in move impurities that, if retaine poison the system and upset th body machinery. Symptoms may be nagging ba persistent headache, attacks of di

getting up nights, swelling, under the eyes—a feeling o anxiety and loss of pep and Other signs of kidney or bl

d be no doubt the

