

Specials for Saturday

48 lb sack of Flour	65c
1 lb. Pork Roast	7 1/2c
1 lb. Milady Coffee	33c
1 lb. Sugar Cured Bacon	15c
1 qt. Sauerkraut free with 2 lbs. Small Weiners	25c

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DR. MOSS' HEALTH HINTS

OBESITY

The treatment of obesity is, of course, very largely a matter of diet, hygienic rules, systematic exercise, etc. The various so-called "reduction" treatments, so widely exploited by commercialized specialists, are certainly no better than the common sense dietary herewith advised. It is to be emphasized that rapid reduction is dangerous. Many physicians have reported serious complications following too great a curtailment of the diet and too much exercise in an attempt to remove fat with undue haste. The aim should be a gradual reduction of weight and the correction of the habits of overeating and slothfulness that led to obesity in the first place.

General Principles: (1) Eliminate fats. (2) Reduce sugars markedly. (3) Reduce Carbohydrates 50 per cent. (4) No water to be taken with meals.

Allowable

Soaps: Chicken, beef, lamb, mutton or clam broths, consommé bouillon.

Meats: All kinds of lean meats (no fat), oysters, clam, trout, mackerel, eggs in moderation.

Farinaceous Foods: Whole wheat, graham and gluten bread; muffins or biscuits.

Vegetables: String beans, cauliflower, brussels sprouts, tomatoes, spinach, asparagus, eggplant, lettuce, endives, celery, cucumbers, radishes, artichokes, pickles.

Salads: Freely of any of the above vegetables, without olive oil or mayonnaise.

Desserts: Grapes, oranges, cherries, berries, pineapple, acid fruits, peaches, apples, pears, melons (without sugar or cream.)

Beverages: No water with meals, tea or coffee (without cream or sugar, buttermilk, lemonade, orangeade or limeade, sweetened without sugar.

Avoid

Bacon and fat meats; sugar salmon and bluefish, cereals, potatoes, cream, milk and butter, cheese, nuts, cocoa, pastries, cakes, preserves, honey, ice cream, candy, sweet fruits, fried and greasy foods and gravies and sauces.

Fat ladies follow this with a determination and develop a perfect 36.

THE MILK QUESTION

Recently there have been many salesmen in our neighborhood leaving bottles of milk. The follow-up system is used. Next day, through high pressure methods our people are urged to change dairies. We inquired of these salesmen if their company employed any of our people and found they did not.

The point we wish to make is this, spend your money where it will help you and your people. Spend your money with concerns that employ our people.

Mr. Guy Stephens, one of our respected and taxpaying citizens has been in the employ of Roberts Dairy Company several years. Roberts Dairy has always assisted us in our laudable undertakings. It is only natural then that we urge you in the strongest terms to continue to use Roberts Products.

Roberts Dairy Company serve highest quality products, their prices are reasonable and above all they're our friends.

SILVER ANNIVERSARY

Their Silver Wedding Anniversary was celebrated by Mr. and Mrs. Edwin Sparks recently. Fifty guests were present and brought many attractive pieces of silver. Sweet peas formed the color plot. The evening was spent informally with songs and short talks which were enjoyed by all. Refreshments with individual cakes and ice cream and a large wedding cake helped to carry out the evening's entertainment.

Mrs. Dorothy Dean acted as toast-mistress. Short talks were given by Rev. Winchester and Rev. W. Belle. "When Your Hair has Turned to Silver" was sung by a trio.

Mrs. Sparks was gowned in white satin, with silver earrings and necklace. Mr. Sparks was dressed in a brown outfit.

How YHWH Is Made Use

of in Hebrew Scriptures

The tetragram YHWH is used in the Hebrew Scriptures as an unspoken designation of the great Hebrew national deity.

The name was too sacred to be spoken, and whenever the Scriptures were read aloud the word "adonal" (meaning "lord" in its common sense) was spoken in its stead. There are no vowels in the Hebrew alphabet, and the vocalic "points" which are used in later Hebrew writing were unknown when the sacred books were composed. Modern scholarship inclines to the belief that the correct pronunciation of the tetragram is "Yahweh." Inasmuch as the Hebrew letter "yod" is transliterated either "y" or "j" and the Hebrew letter "wau" as either "w" or "v" there are four possible transliterations of the tetragram, namely, YHWH, YHVH, JHWH, JHVH. By ignorantly applying the vowels of the spoken "adonal" to the consonants of the unspoken JHVH the impossible form "Jehovah" was built by early translators.

How to Make Ink Remover

You can easily prepare a chemical ink eraser that will leave the paper perfectly clean. Prepare or purchase a 2 per cent solution of potassium permanganate, says Popular Mechanics Magazine. Place this in a small bottle having a rubber cork with a glass dropping rod attached, and mark it No. 1. Into a similar bottle, marked No. 2, place a similar amount of ordinary photographers' hypo solution. You can obtain a few ounces of this from any photographic shop, or get a box of the dry powders and mix enough for several ink-erasing outfits. To use the chemicals, apply a little of solution No. 1 on the ink, let it remain a few seconds and blot. Then apply solution No. 2. In a few seconds the dark stain, caused by the permanganate, will disappear, taking the ink mark with it. Remove excess liquid with a blotter. If one application does not remove the stain, repeat the process after washing out the hypo with water or applying enough permanganate to neutralize all of the hypo that has soaked into the paper.

How Word "Pickaninny" Started

It is sometimes good for the soul to find that something we have regarded as original with us or peculiarly our own considerably predates our own existence and in parts and places far removed from our own little circle on this earth!

That happens with the word "pickaninny," which most of us regard as an Americanism for negro children.

The fact is that "pickaninny" is a word in good standing, meaning simply a "small child." Its derivation is from the Spanish "pequeno" meaning "little, young," or the Portuguese "pequeno" of which it is a diminutive! The chances are that the term had its introduction into this country by way of Cuba.

How Sweeping Compound Is Made

Such compounds are largely composed of sawdust and silicious material, together with some bonding medium, such as rosin, oil or tar. Bran and sand are also usual ingredients. The following formula may be used: Melt 2 ounces of paraffin wax in 2 quarts of paraffin oil over a water bath; then add 6 ounces of coarse salt, 5 pounds of sea sand, 10 pounds of sawdust, and finally add 1 ounce of oil of eucalyptus.

How Moon and Sun Cause Tides

Tides are caused by the gravitational action of the moon and sun on the earth. The moon's effect in producing tides is about two and one-half times that of the sun, as this depends on nearness as well as mass. The attraction of the moon tends to separate the solid part of the earth from the more mobile waters, which therefore pile up in what we call tides.

Bonus Leader Starts

New Political Party

Omaha, Neb.—Formation of a new party to be known as the American Nationalist party was started here by W. W. Waters, Portland, Ore., commander of the bonus army in Washington. About 250 persons attended the meeting and signed up. Most of them were World War veterans.

Nazis' Aim Is Union of

Germany and Austria

Berlin.—The aspirations of Chancellor Adolf Hitler's Nazis for a political union of Germany and Austria were emphatically proclaimed at the opening session of the Prussian diet. The spokesman for such a union was Wilhelm Kube, the Nazi floor leader.

Keeps His Position

Washington.—Attorney General Cummings reappointed Sanford Bates director of prisons of the Department of Justice, a position which he held under the administration of President



CHESTER AGER
Candidate for City Council



E. M. BAIR
Candidate for
City Councilman

Chinese Troops Form Last Line of Defense

Peiping, China.—The defeated Chinese army, driven back from Jehol City, has formed a defense line against possible invasion of China proper and will make its last stand 20 miles south of Koupeikow, Marshal Chang Hsiao-Liang's headquarters said.

Koupeikow guards a gate through the Great Wall, 65 miles northeast of here and 50 miles south of Jehol City. Jehol province troops clashed at Hsifengkow Pass, 45 miles southeast of Jehol city, and at Welchang, near Chihfeng.

Chang's headquarters received word that Tang Yu-Lin, governor of Jehol, had been seen near Koupeikow. A detachment of troops was sent there to arrest him for desertion.

The conquest of Jehol puts the Japanese within 70 miles of Peiping.

Rebellion in Cuba Is

Reported and Denied

Havana, Cuba.—Private advices report that the three eastern provinces, Santa Clara, Camaguey, and Oriente, are in rebellion. The government insists there is no official news. Communication is cut off beyond Matanzas, next province east of Havana. Havana military censorship is enforced and the department of the interior has ordered the closing of all newspapers in the eastern provinces to prevent publication of news "harmful to government interests."

However, reports from private sources and from refugees arriving in Havana tell of intermittent guerrilla warfare which is spreading towards Matanzas, Havana, and Pinar Del Rio provinces.

Democratic Senators

Name Robinson Chief

Washington.—Senator Joseph T. Robinson of Arkansas was re-elected Democratic leader of the senate in the party caucus without opposition.

Senator John B. Kendrick of Wyoming was elected assistant Democratic leader and Senator James Hamilton Lewis of Illinois was named party "whip."

Senator Key Pittman of Nevada was elected president pro tempore of the senate.

Chesley W. Jurney of Texas, secretary to Senator Copeland of New York, was elected sergeant-at-arms, and Col. Edwin A. Halsey of Virginia, secretary of the senate.

Mutual Hope

"John, I hope I didn't see you smiling at that creature who just passed."
"I hope you didn't, my dear."—Sydney Bulletin.

FRIDAY & SUNDAY

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Quick Naptha Soap, 10 bars.....	18c
48 lb. sack Flour, Guaranteed.....	57c
Large Bottle Catsup, 2 for.....	17c
Tall can Milk, all brands.....	5c
Light House Cleanser, 3 cans.....	10c
Beef Roast, lb.....	8c
Pork Loin Roast, lb.....	7c
Pork Chops, center cuts, 2 lbs.....	21c
Steaks, all cuts, per lb.....	15c
Tissue paper, 4 rolls.....	19c

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Bread, Goody, sliced or double.....	10c
1 doz. Tea Rolls Free!	
Van Camps Pork and Beans, or Tomato Soup.....	5c
Pop Corn, 2 lbs. for.....	5c
Brooms, good and strong.....	18c
Oleo, per lb.....	8c
Apple butter, larger than quart.....	15c
Minced Ham, weiners or Link Sausage, fresh, lb.....	10c
Bacon, sliced, 1/2 pkg.....	7c
Pork Chops, per lb.....	10c
Crackers, 2 lb. box.....	19c
Milk, Carnation, Pet or Roberts.....	5c
Tomatoes or Corn, 4 cans.....	25c
Beef Roast, per lb.....	7 1/2c
Beef Steak, tender, 2 lbs.....	25c
Potatoes, per peck.....	10c

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50c Goodyear Rubber Heels, Men's, pair.....	24
25c Ladies' Heel Lifts.....	12

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