SPARKY WATTS

LALA PALOOZA

A Gentle Way to

Treat Constipation!

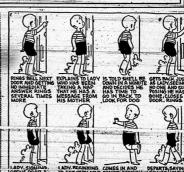
E SUNNY SIDE OF LIFE

Clean Comics That Will Amuse Both Old and Young



They Need an Ocean Line









Age of Romance
The Age of Romance has not
ceased; it never ceases; it does
not, if we will think of it, so much
as very sensibly decline.—Carlyle.



Useless Boor

The boor is of no use in conversation. He contributes nothing worth hearing, and takes offense at everything.—Aristotle.

TAKE A TONIC MANY DOCTORS RECOMMEND



At the Bottom

He that is down needs fear no fall.—Bunyan's "Pilgrim's Prog-

SNAPPY FACTS RUBBER

Japan now controls about 29% of the rubber plantations of the world.

n Tombstone marks the spot near Sussex, England, where a lire that had served its owner 13 years was errors.

rere on over 58% of in 1940; 15.5% of the for trucks and 23.1%

Jerry Than

In war or peace **B.F.Goodrich**

FIRST IN RUBBER







By BOODY ROGERS









REG'LAR FELLERS—Time Limit



























IMPORTANT NOTICE

Rockrastic courty has done a good job foch in selling War. Bonder and stumps, in gathering scrap, and in other war activities, but we have fallen down miserably in imploratin empairs for KITCHEN FATS. It is not the peoples fault or the merchants, for in my activities, with the sale of bonds gathering scrap et; we have cheen fats.

1 Im now appealing to the people to save all kitchen fats, and turn it in to your grocer who will pay 4 cents per

tim now appealing to the people to save all slighen-fals, and turn it in to your receive the will pay 4 cents per grown receive the will pay 4 cents per grown to compare the people of the people of



Poplar Gap

By G. W. Allen

Church Notes

Mt. Vernon, Kentucky

Mr. Charley Thomas had moved to his old home place on Crooked Creek.

Mr. Einer Müllins will be the new "Love the charles of God! and carrier on our Youte Tor the carrier on our Youte Tor the carrier of the charles of the charles of the charles of the carrier of the charles o

Mr. Jacon Secondary Section 1945 A. Let it be beed that eard Sendou Section 184.

Mr. Grant Davidson was with home. It was to be seen that the section of th

hadiness trip to London Friday of Morning Worsing the late week.

Mr. Either Hale and Logan David. Those Who are Seeking God's Best. The state of the late of the

Evening Worship 7:30 octock. Sermon: "A Sure Sign of Spiritual Growth". Living the Christian life is not easy. Christian life is not easy. Chaist invers so, pracered it. Self denial and cross-bearing are principal features. It is a continuous strugule with the forces of evil within desus met His forces of evil within Jesus met Bit temptations successfully by constant prayer, and the calling use of the Sword of the Spirit, So for caught first Sword of the Spirit, So for caught first disciples to watch and pray without consing. One mid-week prayer, service is designed to meet the needs of these seeking after better things, Meet with us—Wednesday 7:30 P. M. Thanksgiving, Service - Nov. 25, 10 A. M. Everyone is welcome.









Maggard Drug Store · · · · Kentuck







Household Furnishings Policy that ets so much against loss by fire ret costs so little. Consult us for low rates on your home.

For Insurance Of All Kinds See-

Cox & Henderson Mt. Vernon, Ky.

Vernon Theafre

Sun.-Mon. - Nov. 15-16

TARZAN'S NEW YORK ADVENTURE

Tarzan Goes to Town! Imagine the Thrills of the Jungle Super-man turned loose in New York! No adventure in history has been more exciting!

THE BATTLE OF MIDWAY
The Most Sensational Scoop in
History! Photographed Under
Fire in Technicolor! Filmed in
Action under the Supervision of
Commander John Ford!

Children 9c - Adult 24c

Tue.-Wed. - Nov. 17-18 erson - Julie Bishop a Frank Wilcox

TANY GANGOTER Prison Walls couldn't Hold Her! She cried out for revenge only to find out she had betrayed her only friend!

Children 9c - Adult 20c

Thur.-Fri. - Nov. 19-20 George Sanders - Lynr

THE FALCON

TAKES OVER

Adventure Packed! There's dan ger in every move and adven

Children 9c - Adult 24c

Saturday, Nov 21

OVERLAND TO DEADWOOD

Action! Thrills! Adventure!
Deadwood is alive with blazing-bullers; thundering boofs and two-fisted Buckaroos!

Children 9c - Adult 24c

CLASSIFIED ADS

The Market Place For Our Readers

WANTED—Man or woman to succeed Mrs. Pearl Tredway As. Rusticity—Bealer in Central Rockscattle County. About 3020 families. Selling experience on Leesaway. A fine. on-portunity to step into old profitable business where Rawleigh Products have been sold for over 25 years. Big Write Rawleigh's, Dept. KYK.125. 1620, Freeport, III., or see Mrs. Pearl Tredway, Borr. Ky. 29-5-12 p. FOR 31.12—instably time records to meet we call the second products of the second

FOR SALE— Garage Filling Station and Rep-ir Shop on Richmod Street and Rep-ir Shop on Richmod Rep-ir Shop on Rep-ir Shop on Richmod Rep-ir Shop on Rep-ir

NOTICE

The public is hereby notified that R. V. Brock, has filed petition, requesting the County Court of Rock-castle County, to grant to him a permit to operate a Restaurant, sell soft drinks & c. in the town of Livingston, Rockcastle County Kentucky.

FOR SALE—First Class Jersey milk cow will be fresh the 23rd of this month. Seven years old. Just turned her als. write A lie Johnetta Post Office. htp.

POSTED No hunting and tres-spassing of anykind allowed. 3tp. R. W. Henderson Burr, Ky.

POSTED—No hunting allowed.

P. Dave Noe, Spiro, Ky.

Luner

Wanted:

Timber

Will buy Finished, Rough-Cut or Logs of Pine, or Poplar. Apply at our mill on the Sinks Station Road or Call Rockcastle Hotel in Mt. Vernon and

Ask for Mr. Schantz after 6 p. m.

Telephone 50

TEAMWORK FOR VICTORY

YOU know how sometimes a team of five men, or nine men, or eleven men, gets inspired—how everything clicks and it can beat any team in the world?

Well, the same thing has hap-pened to a team of more than pened to a team of more than 700 separate railroads, large and

For twenty years these railroads For twenty years these railroads have been training for any transportation job that might come along—laying heavier rail, speeding up trains, getting more work out of every freight car. They've been rehearsing 'new plays' which make the most

but also teamwork among rail-roads and the shippers and travelers who use them. And now when the test has some, this rail road team is playing the kind of ball that coaches dream about.

Since long before Pearl Harbor, the railroads have taken on one "impossible" assignment after another as shortages of ships and rubber have placed abnormal loads upon them. And they are keeping all this added traffic moving with the smooth effi-ciency of an experienced and thoroughly trained team.

Railroadsandshippersalikehave a right to be proud of the job they have done. It's a great ex-ample of unity—of what Ameri-can industry can accomplish by teamwork for victory.



On the Seven Seas









General Electric believes that its first duty as a good citizen is to be a good soldier.

General Electric Company, Schenectady, N. Y. GENERAL & ELECTRIC

FOR HIGHER NET PRICES

Bring Your Stock To Garrard County Stockyards

SALES OF FRIDAY, NOV. 6, 1942

The Garrard County Stockyards reported Friday sales of 1,648 head to bring total sales for the week to 1,787 head of livestock. Receipts and quotations follow:

CATTLE—Receipts, 1,006; steers, 58.50 to \$13.10; heifers \$7.50 to \$12.65; baby beeves, \$5.50 to \$13.70; cows, \$5 to \$113.55; milk cows \$38.50 to \$81; cows and calves, \$66 to \$1222 balls, \$7.50 to \$11.25; stock bulls \$46 to \$87.50; stock cettle, \$12.50 to \$56.

GALVES Receipts, 103; tops, \$16.40; seconds, \$13.40 to \$14.25; heavies \$14 to \$15.25; bytchers, \$10 to \$11.75; others \$9.50 down.

SHEEP AND LAMBS Receipts, 69: no quotation HORSES AND MULES Receipts, 11; no quotations.

We are under U. S. Government Supervision and bonded for your protection

GARRARD COUNTY STOCKYARDS LANCASTER,

Kirby Teater Tom Ward

Chester Gooch Hogan Teater
J. L. Teater

KENTUCKY

Facts and Stories"

By Ralph Griffin

mobiles and relieved. he tedium of mustrest mink, raccon, and opossum vereday existence through the enjoy. The properties of more of innocent pleasures; of out the properties of the properties

converts. the power to speak in toncues at the power to speak in toncues at they writhed in violent proposed control of anaticism, and puritantism. Meetings were broken up by pistol-totting, moonshine-swigging young disaples were broken up by pistol-totting, moonshine-swigging young disaples were broken up by pistol-totting, moonshine-swigging young disaples the proposed of the flesh and the devil, church services sometimes turbed the cales of the flesh and the devil, church services could not be held. Law enforcement officers were subjected to much more criticism for abjected to much more criticism for abject to muc

the case of whisky, or a keg or bartof beer.

Those who so desired could catch
e afternoon train, to into were territory and return with a supply of
our upon the midnight train, and
much as a gallon per person could
this manner. Under such circumthis manner, Under such circumthis manner, Under such circumances it could hardly be said that
acquinty was dry territory.

Mt. Vernon was most decidedly wet
on Saturday's holidays and election
were with Mrs. Low Denniel and
on Saturday's holidays and election
were with Mrs. Hewic Cap
well of the office of town and
Mrs. Markha Robbers as

Miss Cartells Delivers and Mrs. Joe Johnson of Daylearn methods that the county
in this manner. Under such circums were written in by extmiss started by said that
Mrs. Joe Johnson of Dayin this manner. Under such circums
warrest (could Bredly be said that
Mrs. Lawrest and Mrs. Joe Johnson of Dayin this manner. Under such circums
warrest (could Bredly be said that
Mrs. Lawrest and Mrs. Joe Johnson of Dayin this manner. Under such circums
warrest (could Bredly be said that
Mrs. Lawrest and Mrs. Joe Johnson of Dayin the manner was visiting
Mrs. Lawrest and Mrs. Joe Johnson of Dayin the manner was visiting
Mrs. Lawrest and Mrs. Joe Johnson of Dayin the manner was visiting
Mrs. Lawrest and Mrs. Joe
Mrs. Cartell Mrs. A. G. Ball, Mrs. A. G. Ball, Mrs.
Mrs. Lawrest and Mrs. Joe
Mrs. Cartell Mrs. A. G. Ball, Mrs.
Mrs. Lawrest and Mrs. Joe
Mrs. Cartell Mrs. A. G. Ball, Mrs.
Mrs. Lawrest and Mrs. Joe
Mrs. Cartell Mrs. Joe
Mrs. Lawrest and Joe
Mrs. Lawrest and J

Mount Vernon Signal

"WHERE THE BOONE WAY JOINS THE DIXIE"

Volume No. 56 No. 51

THNRSDAY, NOVEMBER 12, 1942.

the years between 1905 and 1910 e not characterized by any start-developments. The towns-were wing and going through a period change, in which ideals that are pited as commonplace in 1910 to the pited as the pited as period to the pited as period

ways in demand. A many that the stage of the

ne useription and commanity each, burst after setting, and an animal mice. Be, after a state price to mirrof illustrated anhurt. No person shall set, children, by intensified relicious work, the complaints of their children, by intensified relicious work, and the complaints of their children, by intensified relicious work, and the complaints of the complaints of the complaints of the mirror of the land; Annual of the complaints of the mirror of the land; Annual to the complaints of the mirror of the mirror of the land; Annual to the complaints of the mirror of the land; Annual to the land of the lan

sale of bonds amounted to sughtly a over \$7,000.00, maturity value. The highlights of this sale we're a que two months old pig, sold for \$500.00! owned to the highlights of \$500.00 and two months old pig, sold for \$500.00 and two sale of the sold of the sold

ERROR

I would like to make a correction
in regard to the marriage of the
daughter of Man B. S. Crais,
Mary Margaret was married in Shelbyville, Ky., October 31, 1042 to Talestville, Sy., October 31, 1042 to Talestenant- William, E. Jackson stationed
at Fort Sill, Oklahoma.

Margarite Miller

The pie supper at Livingston high school was well attended Tuesday night and a large number of pies and War Bonds were sold. The exact fig-ures were not available but it is said that the suppose was gorded.

The Rockessile county 4-H Achievement Day porram, held at the court house here last Saturday, was well at the court of the last saturday was well at the same at executed contrets with Kentucky at the mild Comment of the cleaning of lower the court of the saturday of unrestrated travel in hunt. In was seed cleaned at any one of the was seed cleaned at any one of the days of unrestricted travel in hunt. In was seed cleaned at any one of the days of unrestricted travel in hunt. In was seed cleaned at any one of the days of unrestricted travel in hunt. In which the court of the last of of t

ANS DEFEAT PROMISED

Wiley Baker, age 47. Lambiro, Ky,
Barriage Stokes
Marcus Maggard
Knob, and Stella Mas Bowling age 36.

THANKS TO VOTERS

THANKS TO VOTERS

THANKS TO NOTERS

THANKS TO NOTERS

Wiley Baker, age 47. Lambiro, Ky,
Deney Howard Smith, age 42. Karby
Lambiro, Ky,
And Ada Panelse

THANKS TO NOTERS

THANKS TO NOTERS

No. 3. The Stella Marcus Maggard

No. 3. The Stella Maggard

No. 3. The Stella Magga

HEMP SEED CLEANERS NAMED MILEAGE RATIONING

Varrier, Service Green

By Jewelt Cooper

By Jew

AEF Landing in N. Africa. Forestalls Axis Invasion, Re-Opens Mediterranean

Large-Scale Action Launches 'Second Front'

Launches 'Second Front'
When U. S. troops landed at Allantic and Mediterranean ports of
Prench North African colonies they
effected the first big-scale Annales
launched the much-sought 'second
front.'

launched the much-sought "second front."

Intent on wiping out all Axis forces in North Africa and opening the Mediterranean to Alled Shipping, these forces were expressive to account of the Armonia of Naul Ceneral Irwin Rommel.

First word of the opening of the drive by the Americans came when ment of it was made over the short-wave radio beamed at Europe, Spenning in -1252, the President told the citizens of France-that the armies of the United States were coming to them as friends and that



LIEUT, GEN, EISENHOWER

"Fe rom . as friend."
tilef objective was to wipe out the
enemies of their country.
At the same time the war department in Washington issued a communique on the same subject.
The White House pointed out that
the action was taken to forestall an
Action to the same subject.
The white House pointed out that
the action was taken to forestall an
Action to the same subject.
The white House pointed out that
"constitute" a fired-threat to America across the comparatively narrow sea from western Africa." Also

Or, breames such an invasion would "constitute a direct-threat to America across the comparatively ancrows as from western Africa." Also this action was begun to provide this action was begun to provide the constraint of the con

French Report

French Report
Resistance To Landings
That the French were fighting
back was first learned in this county when an official French communique announced that landing attempts had taken place and had been
"repulsed" and "frustrated with
heavy losses," First battles were reported by the French at Algiers and
Oran.

heavy losses." First battles wete reported by the French at Algeirs and Oran.

Jersen at Henri Philippe Petain the Present at Algeirs and Corp. Tench chief of state, rejected President Rossevelt's plea to refrain from bostructing they J.S. action when he declared that "We are attacked and we shall defend ourselves. That is the order which I give." Jean Erneise's Dalla Image. They have been been been been been been been declared to the French. He is comminder in chief of all Vielly armed forces. First reports from the Index reaching the newly established "Allied Headquarters in North-Africa" indicated that the opening U. S. as, and the Judgiss of the beaches of head of the Present State of the

Forecast Developments

Forecast Developments
When millitry experts began to study the broad implications of this offensive it became clear that the first job would be put down any resistance on the source of the Vichyrestiance on the source of the Vichyrestiance of the Vichyrestiance of the Vichyrestian of Vichyrestian of the V

Crack U. S. Troops

First to Arrive

First to Arrive

Experts described this drive as perhaps the longest overwater military operation ever attempted. Crack U. S. combat troops, rangers (air borne units) and the best of American filters were among the first to arrive.

However it was learned in London that newspapers there had known for some time that some more than the some than the so

were not to be found at their usual stations.

According to one source many of the troops themselves didat-know where they, were headed, until a few hours before them headed of the beaches of the state of the themselves and Oran.

Zero-hour came at dawn orange of the state of the themselves and Oran.

Zero-hour came at dawn orons points at themselves are carried as the state of t

came to the French colonies when low-diying planes swooped over their cities and showered them with leaf-tels signed by General Eisenhower and containing President Roosevell's plea to accept the U. S. action calmiy and peacefully.

These the manuser stort out in their barzes, the Bangara started floating fighter pilots standing by to the pilots standing by the pilots of the pil hase of the offensive.

In North Africa, Vichy had staoned some 150,000 troops, pledged

President Roosevelt's Shortwave Broadcast

Here are some of the highlights from President Roosevelt's short-wave broadcast:

curity.

"We come among you solely to defeat and reut your enemies. Have faith in our words. We do not want to cause you any harm. We assure you that once the menace of Germany and Italy is removed from you, we shall quit your terriforz, at once...

we shall quit your territory, at the control of the purpose of this expedition, and have been informed of the purpose of this expedition, and have been assured that the Allies seek no territory and have no intention of interfering with the riendly French authorities in Africa. "The government of France and the people of France and the French possessions have been requested American expedition in its effort to repel the German and Italian in-



PRESIDENT ROOSEVELT

re cone ... to rout your enemies."

ternational entimals and by 50 doing to liberate France and the French empire from the Axis yoke.

"This expedition will develop, into a major, effort by the Allied nations and these is every expectation that it will be successful in the control of the co

General Eisenhower also issued then of France."

General Eisenhower also issued a preclamation in which he assured the French in North Africa that the United Nations had only the objective "to defeat the enemy and to free France."

Broadcast in French, his messing directed the French forces to "avoid any possible objective to "by day wignalling their co-operation by methods be outlined. . By day methods be outlined to be a few of the other and the state of the other and the state of the other and the

We Are Attacked'



MARSHAL HENRI PETAIN
Rejecting President Roosevett's
plea that the French should not
"obstruct" American and British
military action in North Africa,
Marshal Henri Philippe Petain, chief
of state in Vichy, France, stated
that "France and her, honor are at
stake, We are attacked and we shall
Action ourselves."

Or Fight

"Sooner of later we will have to come to it." This was the assertion of Donald

to the wars.

Wage Freeze

Called 'Tough'

Wage Preeze
Called "Dough"
Only in "exceptional cases" will
wage and salary increases be approved by the government, the War
Labor, Board announced in a farreaching policy statement which
virtually freezes wages and salaries
of \$5,000 and below at Sept. 15 levels.
The WLB has control over all
salaries less than \$5,000, other than
salaries of supervisory or professional employees. The treasury department has jurisdiction—over
supervisory and professional araries less than \$5,000 and all salaries less than \$5,000. The section over farm wages.
Explaining the government's
wage policy. William H. Davig,
chairman of the WLB, said the
'Little Steel' wage formula, permitting increases up to 15 per cent
above Jan. 1, 1941, levels and heretofore applied by the board in all
will be strictly interpreted.
"The board is laying down
a obley which, we think, is pretty

"The board is laying down a policy which, we think, is pretty damn tough," Davis said. "We are going to authorize increases very, very sparingly and then only if it is conclusively shown that they are essential to the procedulor of the war."

essential to the procession war."

He pointed out that because many—mployees already may be receiving wages higher than the prevailing scale for their industry, wages will not necessarily be raised 15 per cent to caver the increase in the cost of living since early 1941.

EXHIBIT—The two-man Japanese suicide submarine, captured at Pearl Harbor and nicknamed "The Togar Than been turned over to the War Savings staff for a coast-tog to the War Savings staff for a coast-tog together than the surred over \$200,000,000 in Belgiam gold to the Nazis on orders from Marshal Petain.

MARKSUEN-Since the begin ning of the war, gumers on British ning of the war, gumers on British

Washington Digest

War Man Power Problem Is Still Far From Solution

National Service Act Held Back; McNutt-Hershey Conflict Complicates Situation; Competition Keen as Ever.

By BAUKHAGE

WNU Service; 1343 H Street, N.W., Washington, U. C.

WYU Service, 1851 I Street, N-Wy
Washington, D. C.

"Sorry, sir," said the waiter on
the dining car, "we can only serve
you one cup of coffee."
"Sorry, sir," said a somewhat
weary voice of the hotel room servitice, "we cant serve you ham with
And so a slighle, wandering Washingtonian, wish had, stepped outside
of the capital for a brief, interlude,
cound out there was a war roing on.
Back in the shadow of the "Service
dome, I began to wonder whether,
before long, when Ihole Sam, passes
dome, I began to wonder whether,
before long, when Ihole Sam, passes
darmer wouse any: Syr, sir,
this is helpless day on the farm,
we aren't furnishing food any
more."
When that sampens, perhaps we'll
get that national service act.
Behind the delay in settling the

When that he person person we'll get that national service act.

Behind the delay in settling the farm-labor problem and the other problems which have arisen because the person of the public's toes.

The person of the person o

citizen would be required to either work or fight.

Nelson urged a longer work week and better management to increase a productivity.

In these viewa Nelson found it forms to be in argement. Also compressed by the President at his pressed by the President at work week of about 48 hours was desirable.

While the situation did not yet indicated that a work week of about 48 hours was desirable.

While the approver problem will get more serious as time goes on and more men are drafted into the armed services. Right now, said the armed services act would be before constitution of the pression of the pression of the pression of the way of the pression of the pression

tion spokesmen have told them "not get"; meanwhile piecemeal, measures are offered. The story behind the conflict between Faul Mc Geral Hersbey's extensive the service of the story of the service system is an example of how sand gets into the gear-box when the President doesn't claim, down the lid and give orders. Some of the New Dealers began to worry about the danger that Mc-and the might be a harder job of side-track him at the 1944 Democratic and it might be a harder job to side-track him at the 1944 Democratic national convention than it was last time. And goodness knows it was a painful process then. So they contain the service of the se

his draft noarcs whom they countake. So the battle was on.

No Separate Systems

Since then McNut has come out and stated that he did not believe was necessary to set up a separate system of selection—one for military, which already exists in the draft boards, and another to classify civilian service. But, under White civilian service. But, under White Lie had no bill to submit to compress. His abnormangement committee submitted its report directly to the President.

While all this has been going on the Selective Service system has been pacing the floor outside the Man-Power commission is supposed to advise service but for many and the service but for many and the service but for many and the service but for many according to Selective Service out for many according to Selective Service out for many according to Selective Service of service out for many according to Selective Service out.

or no.

According to Selective Service officials the moment they had the opportunity they submitted a plan to
take care of the one sore thumb of
the man-power problem that threat-

BRIEFS . . . by Baukhage

and Commentator.

Ins to Interfere with our eating, farm labor. The plan would: In Tell the farmer boys their patholic duty is on the farm, that they would immediately be drafted.

2. Stop all voluntary recruiting. That, according to General Herabey, would at least stop the drain of farm labor and save the boys from the stigma of remaining in civilian clothes when other boys and the stop of the stop

lee officials that proposal was sat on for six months while the cries of the farmer rose higher and higher. Complaints to Herakey.

Most of the complaints were directed at General Herakey. But his sides point out that Selective Service has taken far less man from that lure the men away from their prosacio jobs: One is the recruiting sergeant and the other is industry. The recruiting sergeant offers adventure with a patriotic background. Industry that the service of t

and eggs may depend on action today.

OWI Proves Boon
To Capital Writers
A stranger coming to Washington
and watching the men and women
the common stranger of the common stranger
tive offices for the forement of the
tive offices for the forement of the
tive offices for the forement of
the offices of the offices of the
ton is pretty well covered for news.
There are more than 600 members of the press and radio galleries. There are more than 600 members of the press and radio galleries. There are more than 600 members of the press and radio galleries. There are many, many more
reporters and broadcasters whose
duties do not make them eligible for
But in addition to these men and
women whose job it is to write about
what is happening in your capital,
4,000 people, who are spending between a million and two million dollars a month are hired by the govlars a month are hired by the govlars a month are hired by the govthe Office of War Information has
3,000 employees.
There are some 200 persons in the
army public relations bureau and a

Through the tenant-purchase program of the department of agriculture, during the past five years 29,000 small farmers have been able to buy, and improve farms big enough to support their families.

Ten million surgical dressings ar on their way to the defenders o Stalingrad, according to the American Red Cross.

HOUSEHOLD

Broiled vegetables brown bette

When unsaited fats are used to replace butter or margarines in baking, additional salt may be needed.

It is not usually advisable to let prepared but uncooked vegetables stand for any time in water; it frequently causes a loss of mineral content.

content.

For those smokers on your Christmas gift list give a carion of cigarettes or a pound of smoking content of the cigarettes and smoking tobacco are preferred gifts, Sales records from Post Exchanges and Cantens show the favorite cigarette is Camel. And, of course, for the give Prince Albert—the National Joy Smoke. You have your choice of Camels in the Christmas Carton containing 10 packages of 20° 5– or the Camel's Heidiagst Francis of four boxes of "flat fiftless." Figure Allert and the Camel's Heidiagst Francis of four boxes of "flat fiftless." Figure Allert and the Camel's Heidiagst Francis of four boxes of "flat fiftless." Figure Allert Camel Smoke State Sta

The Real Question

How To Relieve Bronchitis

CREOMULSION for Coughs, Chest Colds, Branchitis

Desire for Wilderness
Oh for a lodge in some vast wilderness, some boundless contiguity of shade!—Cowper.

Gas on Stomach

Troubling Trouble

Never trouble trouble until trouble troubles you.—Anon.



Get PAZO Today! At Drugstores!

Find the Scrap to Eliminate the Jap



That Nagging Backache

NATIONAL **AFFAIRS**

Reviewed by CARTER FIELD

Bombard Germany With Bombs or Leaflets? ... Drys Gaining
In Their Crusade ...
Bell Syndicate—WNU Features;

of worked up against its war mae rilers. It advocates of propaganda are at it again. Recently an American woman who had pent much of her childhood in Germany, and hence spoke German without a Yankee accent, proadcast over stortwave to the women of Germany. It was a good breadcast, the would be worth while to print some hundreds of thousands, if not million the store of the word of the wo

That question is now being considered by high officials of both the U. S. and the British governments. There is no thought here by the writer of trying to pass on its merits. These serious question is whether propaganda directed to the Germany particular instance, is as valuable as the bombs which the same planer and pilots could be distributing with equal expenditure of flying time by what they prefer that every plane expands the transfer of dropping anything on Germany, should drop bombs. Many women hold that the propagands. If I good enough, might be far more effective in the long.

seands. It good enough, might be far more effective in the long that the

war.
So there are two sides to it. But a
lot of us wish that we had more
planes out in the Solomons, and up
in the Aleutians, instead of so many
near Germany that the problem of
dropping leaflets is considered!

War Aids Drys, Wets Don't Reason Right

Wets Don't Reason Right
Looking at the situation coldly,
there is no doubt that the Drys are
making gains.

It may be remembered that it was
after we entered the last war that
the pushover-for-the Drys-came. In
fact there was' a lot of talk, afterwards, about the resentment of our
soldiers overease that this had been,
put over without their having a voice
in it.

Looking at the situation coldly, there is no doubt that the Drys are making gains.

It may be remembered that it was a consider that the pushover for the Drys own than the pushover for the Drys own than fact there was a lot of talk, afterwards, about the resentment of our soldiers overseas that this had been put over without their having a voice put over without their having a voice Drys own than the put over the put over without their having a voice Drys own that of the men never getting overseas. This time the program cals can be seen that the put of th

a rather potent aid to the dry crusade now getting under way.

As before, the dry move stems, from the evangelical churches. It is alleged that ten million dollars have already poured into collection baskets in these churches to fight the demon rinn. And, in view of past hinking on the part of the West to assume that the evils of prohibition, so richly experienced in this country from 1920 until after the 1932 election, would prevent the dry move from getting anywhere.

Many of the convictions of the West in this situation seem based on faulty premises. For instance, they are fond of saying that surely short, this country is not going to employ a fuse force of afriend men to enforce prohibition, with weapons and ammunition badly needed for the war effort.

Women Purchasers Can Aid U. S. Farmers

Fitting Family's Diet With Farm Production Helps U.S. War Effort

America's 6,000,000 farmers today aren't feeding a mere 132,000,000 citizens of the United States. They are also responsible for filling huge gaps in the food supplies of most of the free world—the uniformed and civilian.

This is a large order.
They will need all the help they come to the consumer at home they are to continue to fill steadily growing lend-lease orders from the United Nations.

The search of the growing lend of the free world with the filling of the filling the goods ahe wants and getting the goods are wants and getting the filling of the filling the filling of the filling the filling of the filling the filling to the families they feed and clothe.

During 1942 the farmer has marked the highest production level and filling the filling of the filling the filling the filling the filling of the filling the filli

CONSUMER'S CREED

I will buy what is plentiful.

will buy what is fresh.

I will buy what is produced in

ally, what the government asks me to buy through the Victory Food Program.

I will not hoard or waste food.

dollars.

But crop goals met and passed, and an income increase of over 17 per cent, don't mean that the housewife can go out and buy whatever and as much as the company of the company o

wife can go out and buy whatever some as much as well as much as the some as much as the some as much as the some as the some

It is therefore obvious that at no previous time has women's good management in buying been more

Give Consumer Protection.



provides payments to growers that, are helping them step up productions are helping them step up productions on the farm may seem as far yellow the production of production of production of the production of production of the pr

ust took it for granted.

These nutrition studies are of par-ticular interest to the housewife. She is faced with the problem of provid-ing her family with enough to eat to maintain health and efficiency.



This young homemaker is choosing her dinner vegetables from the wide variety sent to market every day by the nation's farmers. Her family will get plenty of vitamins.

She must steer her food buying so that supplies may be used to the best advantage and at the same time provide the highest consumer satisfaction.

the accountage and at the james and j

39, but the cost was still \$10 lower than in 1929.
Workingmen's families today can buy a basket of specified food products for the smallest share of family income on record since 1913. In September, 1942, it required only 22 per cent of the family income. During the preceding five years the same cent of the amily income. During the preceding five years the same cent of the secondary of the control of the family income. The perfect of the family income has been rising more rapid than food prices during the last three years and through the first 10 months of. 1942. Reasons include higher wage rates, more hours of work per week with over-time payments, and more persons employed. The family averaging five persons

ments, and more persons employed. The family averaging five persons this fall reached a wage level 57 per cent higher than the pre-war aver age for 1933-39.

This seems to indicate that the housewife's food problems will hot be those of capacity to buy but rather of the market's sublify to supplyher needs.

er of the market's ability to supply her needs.

Reaching her goal—just as the farmer meets his production goal— will mean that scarcity of some par-ticular type of food will be a mat-ter of unconcern to any American, so long as he is able to eat what he

IMPROVED . SCHOOL Lesson

By BAROLD L. LUNDQUIST, D. D.
Of The Moody Bible Institute of Chicago.
(Released by Western Newspaper Union.) Lesson for November 15

Lesson subjects and Scripture texts se-seted and copyrighted by International ouncil of Religious Education; used by

THINGS THAT MAR FAMILY LIFE

benders, and so built he law of Christians (2:1)

Home is what you make it! Oh, yes, there may be circumstances which hinder us from doing what we would like—such as poverly, illiess, unemployment, etc. These certainly they do have a bearing. But man or woman when of the right man or woman when the such makes the summary to the summary with the sum

I. Deceit (Gen. 27:30-35).

stand as the enemies of the homer.

I. Decest (Gen. 27:30-35).

Whatever the circumstances of the home may be, there can be absolute homesty and candor: in the dealings between members of the family.

Our recent study of the story of Jacob and Essu showed us the sad consequencing of the decest practices of the story of the story of Jacob and Essu showed us the sad consequencing of the decest practices of the story of

uprightness before it is too, late.

II. Divorce (Matt. 5:3), 32).

One of the most destructive elements of modern III e is that of divorce. Terrifying statistics could be quoted, but they are not nearly as moving as the knowledge most us have of broken homes, dealers of the control of the

solved as min.

That is not just a verse in the Bible. It is the true, picture of the thing which-has destroyed-the-happiness of millions.

Here was a quarrel over an inheritance, and in meeting it out the properties of the money quarrels in every home—and they are end-less in every home—and they are end-less in number and great in bitter destructiveness.

"Man's life consistent not in the abundance of the libring which he possesseth" (v. 15). Write it large the properties of the libring which he possesseth (v. 15). Write it large to how the libring which he possesseth (v. 15). Write it large to how the libring which he possesseth (v. 15). Write it large and mother toward money. It will solve not only the money problems of the home, but will send the children forth into life wiff's foundation philosophy that will bless them to Nolice verse 14. It is the desire or money that most often makes—man desire to be a judge over his brother. The big eyes of envy cause him to leok with bitter desire upon what his brother has and he wants. The line principle of sharing the house of the principle of sharing the wants. The time principle of sharing the wants of the principle of sharing the children of the principle of sharing t





e, Oswald, Marty and E e stuffed toys—easy as ake. The feathery and ha





Knowledge of Truth
It is noble to seek truth, is beautiful to find it. It is ancient feeling of the human—that knowledge is better riches; and it is deeply an credly true!—Sidney Smith.

RHEUMATIC PAIN

To Be Agreeable

Few are qualified to shine in
company, but it is in most men's
cover to be agreeable.—Swift.



Making Perfect







Marketing his produce is the final step in the farmer's program of supplying the American table.

Paint Your House Gutters, Downspouts

Gutters and downspouts, if damigaged or ruined by rust or corrosion in this, wartime, period of metal spacety, are-slikely to result in high and the spacety, are-slikely to result in high water from ruther damage that may be caused by inability to carry the house. Many a home owner who has been spaced of the duration in the space of the form of the for

is plenty of feed to convert into meat, eggs, and dairy products.

"Orep insurance" has a formidable sound, but it is a simple procedure that pays big diviation of the producer who meets the premiums. Such insurance keeps farmers in business producin needed goods by guaranteeing them, for example, some wheat or cotton income every year even if a crop fails. This proceeding them, for example, some wheat or cotton income every years are conting to the continuous continuo

PRINT OF BAC

Mt. Vernon Signal

Mt. Vernon, Ky.

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National Editoral Association

Letters To The Editor

In order to clear up a probable mis-understanding caused by certain statements made during the recent-school board campaign regarding the status of the Mt. Vernon High School, I desire that you publish this copy a letter to Mr. W. F. Baker as follows: Signed: W. R. Champlen.

Signed: W. R. Champlen.

"Mc. W. F. Baker.
"Mt. Vermon, Kentucky *

Mt. Vermon, Kentucky *

The Mr. Baker.
"Under date November 4: you wrote the Superimendent of Public Instruction stating that you had no-tractice to stating that you had not superiment to the superimendent of the superimendent of the superimendent of the superiment of

Monf. Vermon could not meet the recuirement.

"The Mount Vermon High School
is fully accredited Class A by the
Colleces and University of the State
Class A by the State Department of
Kentacky, It is fully accredited
Class A by the State Department of
Discovery of the State
Class A by the State Department of
Line State
Line Sta

Crooked Creek

Mr. and Mrs. Clenton Owens of Har-n, Co., was the week-end guests of r. and Mrs. Tom McCraken. Mrs. G. D. Scott was in Mt Vernon st Saturday having dental work

last Saurdsy byving dental work done.
Bob Omar and Owen Allen was in Mt. Vernon Saurdsy on business.
Mr. E. Abney Jr. made a business trip to Sterns, Ry. 16st week.
Mr. and Mrs. Bob Allen visited Mr. and Mrs. Bob Allen visited Mr. and Mrs. Bob Allen visited Mr. and Mrs. Bob. Mergeory Sunday.
Mr. A. F. Shell made a business trip Shriley and Leafe Scott, Owen Allen, Edna Shell and Ruth Shell intended church at Brindle Ridge last Sunday Edgar Miller of Berea, was through here on business last week.
Miss Ruth Shell of Mt. Vernon spent the week-pd with homefolks.
Mr. and Mrs. Rufar Grecory and Total Control, of Cale Grecory last Studies, and Mrs. Leafer Grecory last Studies, and Mrs. Leafer Grecory and Mrs. Leafer Grecory last Studies. IS YOUR SUBSCRIPTION PAID?

For Your Health's Sake SEE DR. E. E. PARSLEY Chiropractor E. Main St. Stanford, Ky. hone 254 Open All Day 22 Years in Practice

mous to relieve MONTHLY"

LYDIA E. PINKHAM'S TABLETS



Slap a Jap With Your Scrap

Tidbits of Rentucky
Folkiore

By Gordon Wilson, Ph. D.
Lie kand, Locaviewae chikiters and the point after the chilty nights the control of the print after the chilty nights the control of the print after the chilty nights the control of the print after the chilty nights the control of the print after the chilty nights the control of the print after the chilty nights the control of the control





THEY'VE PASSED THEIR 'PHYSICAL'-TOO

America's feathered and four-legged armies are very much on their toes these days. Yeast vitamins used in fortifying animal feeds have done wonders in recent years to better the quality and propagation of livestock and poultry. Did you know that the Home of Budweiser is America's biggest single source of these vitamins?

Year after year, we have striven with research and resources to better the methods and facilities for brewing Budweiser. To do this, a laboratory specializing in fermentology and nutrition was necessary. Discoveries made in the laboratory and in the plant have led to the development of products contributing to human necessity and progress. Some of these products would appear to have only a remote relationship to brewing, yet, they are the result of scientific research into many allied fields.

Endless research in making the world's leading beer has led to other products

VITAMINS, B COMPLEX—for manufacturers of pharmaceutical and food products. Our plant, is one of the world's largest sources.

With Mind of the words a largest sources. VITAMIND.—Anheuser-Busch produces enough of the basic material for Vitamin D to supply the entire American mariet.

BAKER'S YEAST—We are one of America's biggest suppliers of standard and enriched yeasts and malt syrup used to make bread. CORN SYRUP—many millions of pounds annually for America's candy industry. SYRUPS—for food, table and confectionery uses, and special syrups for medicinal purposes. STARCH—for food, textile, paper and other industries—millions of pounds ennually.

REFRIGERATING -EQUIPMENT-for retailers of frozen foods and ice cream the country over. This division is now working all-out on glider wing and fuselage assemblies for our Armed Forces.

DIESEL ENGINES-Adolphus Busch, founder of Anheuser-Busch, acquired the first rights to manufacture this revolutionary engine in America and thus started our great Diesel in-dustry on its way.

udweiser

(No. 1 of a Series)

Keep Equipment Clean

You're paying for light you're not getting when dust and dirt accumulate on lighting equipment. "Before and after"

tests show that simply by cleaning bulbs, shades and reflector bowls you can increase light output as much as 30% to 50%. Lamp shades should be dusted, brushed or

dry cleaned. Wipe bulbs off frequently with a damp cloth.

Reflector bowls, enclosing globes and other lighting glassware may be removed and washed in warm, soapy water.

Always dry all lighting equipment thoroughly and do not

If you need new lumps see our stock of I. E. S. Better Sight Lamps. Especially designed for safe seeing, they provide an abundance of both direct and in-

direct light without glare. Ask for a free trial. See what a dif-ference good light makes!

allow moisture to get into sockets or connections.

SOCIAL PERSONAL
VIRGINA BEAY, Giller

M. and Mr. Cell Plan and facility

Mr. and Mr. Stell Riggers I prono. of Plan and facility

Mr. and Mr. Stell Riggers I prono. of Plan and facility

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Mr. and Mr. and Mr. Stell Riggers I prono. of Plan and facility

Mr. and Mr.

Jep Hill

By Vivian Singleton

Mr. and Mrs. Kay Singleton and louglas and Etta Mae spent part of ast week with Mr. and Mrs. Chester ingleton and family. Miss Lizzie Singleton who has been orking in Daylon, O., has returned

home. Miss Lillian Mullins and Miss-Geneva Brockman spent Saturday night with Miss Ruby Vanzant. Miss Lizzie and Rosa Singleton spent Sunday with Miss Bessie Mul-

ns.
Miss Edna Mullins entertained a
w of her friends Saturday evening,
Mrs. Lilia Allen and Miss Novella
pent Saturday evening with Mrs.

.....

few of her Irenna Daniel Miss Novella spent Saturdsy evening with Mrs. Delis Allen. Delis Merca per har et eventual benefater a weeks visit with her son Mr. Chester Singleton and family. Miss Beasie Mullins and Viola Brockman made a business trip to Mr. Tom Owens Saturday. Mir. and Mrs. Harry Morris and Mrs. Spencer Mullins. Mr. and Mrs. Spencer Mullins. Mr. oll Mrs. Lawrence Powell spent the week-end with Mr. Powell's mouber, Mrs. Vernon Powell and Mrs. In Mrs. Towell and Mrs. Mrs. and Mrs. Lawrence Powell spent the week-end with Mr. Powell's mouber, Mrs. Vernon Powell and Mrs. Mrs. Lawrence Powell and Mrs. Harry Moris Sara Daugherty. Mr. Harry Moris and Daugherty in the for Richmond, Ind., Sunday.



If Your Mirror Could Talk

those string ends and hard-set hair with a new perma-set hair with a new perma-st?" You'll be thrilled with r new halo of soft baby curls i waves! Make an appoint-st this week.

ROCKCASTLE HOTEL **Beauty Shop** Ruth Caughron, Opr.

Not everybody with a dollar to spare can shoot a gam straight—but everybody can shoot straight to the bank and buy War Bonds. Buy your 10% every pay day.

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The theatre you love to visit

Sunday - Monday - Nov. 15-16 Betty Field - Ray Milland and ARE HUSBANDS NECESSARY

Also: "Battle of Midway"
(Actual scenes by U. S. Navy)

Thursday - Friday - Nov. 19 - 20 Stan LAUREL - Oliver HARDY and DANTE the Magician in A HAUNTING WE WILL GO"

Saturday - November 21 Roy Rogers - "Gabby" Hayes in "SUNSET SERENADE" Also: "Superman."

"HOLIDAY INN" Starring Bing Crosby and Fred A. Marjorie Reynold

Admission 11c and 21c



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material; 1% yards 54-inch. Blouse with long sleeves 1% yards 35 or 39-inch ma-terial.

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WHAT ASPIRIN

Not So Bad
"He treats her like a dog,"
"Oh, how dread(ul!"
"Yes, just like a lap-dog,"

SHAVE with SHELBY

The Date of Hitler's Fall!

refunded if not satisfied. Address

RELIEF COLDS

666 HOLLYS

4 for 10c

SHELBY BLADES



CHAPTER VII

CHAPTER VII

"It was for this, I take it, that you came into such empty country that you came into such empty country that you came into such empty country that you want you

sort of mineral. Due to the sealightened as to either its use or its value. When the sealightened as to either its use or its value. When the sealightened will be sealightened. "If you'd been around Great Bear for a spell," that old sourdough was saying as he reached for the egg of pitchiblender. "have seen, 'em scramblin' for this stuff like a she-bear scramblin' for a honey-dred feet o' rock for it! And then to this 'it three thousand miles to that Port Hope plant where it takes sixty tong, o' chemicals to git one gram o' what they want out of 11." The ornithologist's reaction to that statement, seemed perfunctory. He had of the store ke little from the heat of the store ke little from the heat of the stoke 'is what they git

heat of the stove.
"For this, stranger," pursued the
indignant Zeke, "is what they git
radium from. And radium's worth
just thirty-five thousand smackers a

Just thirty-five thousand smackers a just thirty-five thousand smackers a just thirty-five thousand smackers a just such things, my friends, stand remote from the field of my immediate interest," maintained the quiet-voiced ornithologist. "Same here," concurred Minty, "seein' it takes million-dollar machin'ry to squeeze'arpinprick o' color or tot of a frainfoad of ore. And the surface pltchblende in this district, that assay-office sharp reported all as rich if reddyn surface, the same sharp and the sa

say, is an overdose o' helium."
"I know what helium is, of course." Frayne admitted with an accruing note of irritation. "But I am not interested in such things." Slade felt the need of putting in

an oar.
"You get more than helium, Minty," he announced, "and more than
cudium. You get uranium. And, in
pitchblende like that, uranium is
just about a million times more
abundant than radium."

pitchbienou a million times morabundant than radium."

"And what good's uranium?" de"Tes the the property of the property of

observed. "Lile owes you a little comfort." Conceded comfort. "It later on," conceded Minty. "And when me and this leither-guifed old skillet pal o' mine strike Outside you'll sure see us hittin the high spot. "That is a possibility which might be easily achieved," observed their provide the common of the control of the

"I don't git you, stranger," said Zeke,
"Supposing," pursued Frayne,
"somebody should buy you out, pay you well for what claim you have here and take over this camp you have spent so much time and labor in making comfortable." It manner in which the newcomer once more seemed intent on buying up a right-of-way. But the pilot sat sient, conscious of the covert glance that passed between, the two old sourdoughs. oughs. no'd be doin' that?'' demanded

"I might," he said after a moment of silence.
Slade was not surprised by the prompt hardening of the two weathered old faces. He knew, even before it came, what the answer would



ed up at the sected my

He could hear the mumble of foreign voices as his ship lost head way and drifted slowly in to the shoreline.

eight voices as his sup loss register of the horeline.

He saw the massive-shouldered horeline.

He saw the massive-shouldered Karnell, wade ashore with an ax in his hand. Two minutes later he could hear the forest stillness ring with the familiar music of an ax blade against tough northern agrices the could hear the tought of the could hear the forest stillness ring with the familiar music of an ax blade sage stillness than half an hour he had his spruce boles trimmed and landing platform. His movements, Slade observed with the country engineer.

Slade sate of the country engineer.

"A nice place to summer," he ob

"A nice place to summer," as ob-gerved.

Frayne turned and faced him.
And when Slade caught the unex-pected flash of fire that came from behind the blocal glasses he real-ized how some shouly armistice be-tween him and his passenger had end enver would.

"When you are interested, and of "When you are interested in more

he never would. Insee the man, and he never would.

"When you are line interested in more than engines." that passenger was proclaiming. "you will perhaps quite often have undisclosed advantages."

Slade didn't quite know what that proclamation meant. But his smile was condoning as he tossed his cigarette end into the lake and rose to have the condoning the condoning the condoning the tossed the cigarette end into the lake and rose to have the condoning the co

was condoming as ne cosset in the retter end into the lake and rose to his feet. Style end of the control of th

Lynn could feel spring in the air

She lingered on the rock point ann toused up at the search of the control of the strode up to their rough-boarded surgerny.

Instance of rotorors himshe lingered, on the week point
and looked up at the aerial milgration above her.

Those relentless wings made
her think of the equally relentless advance of the white man, the
of pioneers in their search, for
earth's bright-colored metals. It was
affecting more than the wild life of
the country. It seemed to disrupt
both the modes and the mores of the
natives, breaking up their tribal tra
natives, breaking up their tribal tra
the country. It seemed to disrupt
both the modes and the mores of the
natives, breaking up their tribal tra
the country. It seemed to disrupt
both the modes and the mores of the
natives, breaking up their tribal tra
more dependent on the palefaces
who took their hunting grounds
away from them. Both the Eskimo
and the Indian, her work along thouse
seastered littoral villages had taught
Yet abe liked these breaking the
Yet abe liked these breaking the
Test of the tribal tra
right to-survive; they stood so valorous in their fight against hunger
and cold. They were, she felt, the
most courageous people- she shad
the collection of the stood of the
most courageous people- she shad
the collection of the stood of the
most courageous people- she shad
the of life that a plug of trade tobacco could make them happy for
a week, a mouth-organ could turn a
funeral into a fiesta, a bright-colred handle the expression of
the girl Kogaluk, after bringing her
awek, a mouth-organ could turn a
funeral into a fiesta, a bright-colred handle the expression of
the girl Kogaluk, after bringing her
week, a mouth-organ could turn a
funeral into a fiesta, a bright-colred and the shown that the blindness was due to cataracts which an
operation might remove. The Eskimo girl still had faith in the father
whom-she had to lead about by the
homes and the look boy.

"I'm away good bunter, which an
operation might remove. The Eskimo girl still had faith in the father
whomes and the line and the hunky,
hown so had had been been the hun

TO by UK. JAMES W. SARTON

PHYSICAL TESTS

It will be hard to convince some athers and mothers that any good hing can come from this war. We who are parents can well under-stand that. How



rejected for tuberculosis vember, 1940, the state partment has found only evious to this army exam-

tuberculosis."

Just think of this for a minute.

Of nearly 800 men rejected for tuberculosis, only 21 knew they had
tuberculosis or were known to have
tuberculosis.

What will be done with this large imber of cases?

tissue around it.

Another instance is the psychologic testing in the British army. It is under the direction of a new army department, the general service corps, in which recruits undergo their basic training and the corps for which they are best suited is determined.

determined.

Recruits for an armored formation were tested and a list was made of the men found unsuitable for service with tanks. After three months the list was compared with practical experience and found to agree within 5 per cent of error.

Use of Proteins In Reducing Diets

Nutrition experts, by measur the amounts of the different kinds food eaten—proteins, starches me amounts of the different kinds of food eaten—proteins, starches and fats—are able to tell how much heaf these foods will manufacture or cre-ate in the body. The amount of heaf created should equal the amount of

food eaten. However, it is found that this amount of heat is actually more than can be accounted for by the amount of food consumed, that is, if, as should, be the case, all the food is completely burned. Why is more heat created than the amount of food eaten can created than the amount of food eaten can created than the amount of food eaten can created.

the amount of tool eaten can creater?

This extra heat is almost entirely
due to the protein in the food and
the control of the control of the control
This means that the protein—meal
and fish—has a special action—special dynamic action—not possessed
by the starch and fat foods.

Now, as this extra heat does not
come from the food it must-come
from somewhere and that somethere is the tissues of the body. In
other words the burning of the probody. tissues thus creating more
heat. And the cells or tissues burne
the control of the control of the control of the control
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causes a burning of the probody tissues thus creating more
heat. And the cells or tissues burned
are those made up of fat and starch:
It is for this reason that all reducing diets do not cut down on the
proteins, in fact, some diets allow
an increased amount of protein. The
protein of any burns up the exto feel more like exercising or working, thus burning up more fat tissue.
In his book "Science and Nutrition," A. L. Bacharach, professor of
blochemistry in the University of
London, says."

tion. A. L. Bacharach, professor of blochemistry in the University of London, says:

"This stimulating effect of tood of the same stimulating effect of tood the same stimulating effect of tood the same stimulating effect of the same stimulating effects of the same stimulating the body to burn up its existing stores of fats and starches (carbodydrates). A det of lean meat and lean fish must therefore be a fall-ming det while hardly at all depring the same stimulating stores of the same stimulating stores of the same starches (arbodydrates). A det of lean meat and lean fish must therefore be a fall-ming det while hardly at all depring the same starches of the same starches o

QUESTION BOX

Q.—Please give me some suggestions regarding cause and cure of imbago. I am having a great deal of trouble with it.

A.—Lumbago is due to injury or infection. If pain is present during the night, it is likely due to Infection—teeth, tonsills, etc. Try to find cause. If it gets worse when walking, some injury may be present. Cut down on starch foods—total control of the control o

SEWING CIRCLE



Jerkin Set.

OUICK as one-two-three you can have your a mall, daughter ready for fall days and cooler weather. Make her this jerkin which buttons at the-sides, this simple skirt, and a contrasting blouse! It is a very small edition of the most wearable of jerkin.

Pattern No. 8239 is designed for street. The street of the



The Questions

wentie art o 1. What : " I mantic art concerned with?
2. The name Salem, used rhetorically and in poetry, refers to what city?
3. What does a Jap mean by would?

4. How many people were put to death for witchcraft in 1892?
5. What woman in American history is remembered because she would not change her name to that of her husband?

The Answers

1. Prophecy.
2. Jerusalem.
3. The warrior's code.
4. Twenty.
5. Lucy Stone...

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