

## Neurs Revieut of Current Events

 BRITISH MEXICAN ROW Diplomatic Relations RupturedNamed Assistant Secretary of the Treasury


On the eve of National Air Mail week the frrst air mail and passenget
ervice between Juneau and Fairranks, Ala kas, was established by the



## FedwardW. Pichard ssumanaizs The wortos werk



WHAT TO EAT AND WHY $\star$
C. Houston Goudiss $\begin{gathered}\text { Nolod Food } \\ \text { Authority }\end{gathered}$ Describes the Need for IRON and COPPER
Shows How You Can Help to Avoid Anemia by Including These Blood-Building Minerals in the Die By c. houston goudiss
$\mathrm{O}^{F}$
constituent of the blood.
How Blood Is Constructed



tormerly frear anded as
 It is desirable to keep the iron hilethood, for it has been discoor
ered that better health results ered that better health results
when a surppus is allowed above
the daily requirement. But there is a very special need for iton in
sirls from the besining of ado
secnce throush the eighteent Itron Rich Foods

Iron-rieh foods include eg
and peas, whole grain cereals
lean meat and grean Ieafy vege.
lables. While milk has only
haw amount of iron, experiments
that its iron is readily ab

sorbed and is utilized to good ad

Copper Also Necessary
estigation has demonstrate that adequate iron alonen is no
tenough to prevent nutritional ane mia, for the body eannot conver
iron into blood pigment unles
copper is also present. Theretore in order to obrainent. the full berene
nits of iron, the diet must contai sufficient copper. Foods that sup
ply copper in abundance are live nuts, dried beans and peas. Sma
er but significant amounts are pr
vided by whole grain cereals, 1 shails and poultry glady send to every
dited homemaker a list of foods rich
both iron and copper, and als
sample menus showing how $\operatorname{limet}^{\text {a }}$ balanced, blood-buildin
I urge you to write for this ma terial and keep the blood-building
foods in mind when planning
menus. Never stant that good blood is the be
form of ile insurance.
owNU -C Houston Coudise-1033-13

## HOW 's SEW animut

 cent of the total hemoglobin aduits is destroyed daily. And forhis reason iron-rich foods must be included in the diet every day
Investigators have found it dimInvestigators have found it diff-
cult to determine the exact iron requirement, but according to the
latest estimates, from 12 to 15
milligrams a day will not only
provide edequaty
provide adequately for bodity re
puirements, but will allow a re quirements, but
sonable reserve.
Women Noed More Than Mon
Women require more iron that
men, in propertion to
Send for This Free
Blood-Building Diet Including a List of
Foods Rich in Iron, Copper

## $\mathbf{R}^{\text {EADERS aro invited to write for }}$

R. Iree bulletin containings, likt
of food rich in iron and s list of



"Within the domains of tender memory, their sacrifice lives on. Without their courage, this nation could not have survived. Keep ye the faith!"


AMERICAN NATIONAL BANK

GREYHOUND DRUG

HIBLER'S CAFE

PUCKETT'S GROCERY AND MARKET

WESTERN LBR. \& HDW. CO.
roy campbell, Manager
PHILLIPS 66 PRODUCTS
boyd meador, agent
MAGNOLIA SERVICE STATION
J. M. STUBBLEFIELD DRY GOODS

SHAMROCK PETROLEUM PRODUCTS
F. E. stewart, Agent
T. N. HOLLOWAY INSURANCE

DOOLEN HARDWARE CO.

## E. L. PEIRCE

ice cream, cold drinks, produce

McLEAN TAILOR SHOP

MEADOR CAFE

BRAZOS RIVER GAS CO.
w. W. Boyd, Manager

ORCHID BEAUTY SHOPPE

Mclean service sta. \& garage

SOUTHWESTERN PUBLIC SERV. CO.
c. O. Greene, Manager

SMITH BROS. REFINERY CO., Inc.

CICERO SMITH LBR. CO.
CARL m. Jones, Manager

COOKE CHEVROLET CO.

LONE STAR THEATRE
HARRIS KING
ERWIN DRUG CO.
McLEAN HATCHERY
BROOKS TAILOR SHOP
CITY DRUG STORE
SERVICE SHOE SHOP vannoy \& Landers

BRUCE NURSERIES CITY FOOD STORE

LANDERS BEAUTY SHOPPE ELITE BARBER SHOP
D. M. DAVIS FEED STORE

ALDERSON DRY CLEANERS THE McLEAN NEWS




# THE SUNNY SIDE OF LIFE 

Clean Comics That Will Amuse Both Old and Young





 Personal efliciency is a subject
which is recoving much aturiton
in our day There tas never been in our day. There has never been
so much accurate and uabere ind
motion as we now have reearding diet, exercise, and medical cares
The mind as sell at he bod has
come in tor attenton and socres
 are trash, but others are helptul.
Business is co.perating with
scheo
and

 must contess that it is far from what
it might be by the grace and power
of God. L. A Sound Mind in a Sound Body
(Dan. 1:8-16, 19, 20). Danie and his three Hebrew com.
panions had been rough to Baby-
on as captives. and were there Chosen to entives, ithe ond weal crobol tor
future service at the oourt Every


 was blessed not only with courgage,
but with tate and courtesy A A ena
day test of a simple diet and water
 three-year course the Hebrews were
not ondy phssialy stronger but
mentaly pand spiritually superior.

 The testimony of science, of business,
of exprience in all ages. proves
otat the ise of eve an amout of
alcohol so small that the user does

 the ability to think clearly and to
react prompty
absoluturely taboo danger that it it is
abith such respon-




 organizatons and insurance com.
panies. Yet,
sembelinevale ase it may
seme the of ther is on the Increase. .sucess in Lite Calls tor Self-
Conitrol (I Cor. $9: 2427$. Paul delighted in tillustrations
taken from the athete
tat




## 


fhese sacriflces are made by men
for what is but a transient earthyy
crown. How much more should we crown. How much more should we
do for the sake of our souls. Tem-
perance istruction may well
the physical and mental degrada. the physical and mental degrada-
tion that follows the use of alochol,
but above all let us teach boys and girls that its use has sent coustless
souls to etermal punishment and sep-
aration from God. We should be be souston from God We should be
aration troved by the loss or person-
deeply mover
al efficiency, but what shall we say al efficiency, but what shal
about the loss of a soul?
Reason is a faculty of the mind
by which it distinguishes truth from
falsehood, and good from evil, and whichood, and good from evil, and
which enabse the possessor to de-
duce inferences from facts, or from duce inferences from facts, or from
propositions.- Locke.
Sharing Our Joy
For there is no Man
For there is no Man that im-
parteth his Joys to his Friend, but
he joyeth the more; and no Man,
on that imparteth his Griefs to hiss
Friend, but he grieveth the less.-
Bacon.




| THE DICKINSONS IN <br> CAR WRECK SUNDA <br> Mrs. R. T. Dickinson and litt |
| :---: |
|  |  |


| sunday | THE MODERN WAY |
| :---: | :---: |
|  | age? acked the |
| on 68 hish. | "I f cant' say yit," answered Crandpa |
| ate sunday, some | cautiously. - Ther |
| ton, okila. |  |
| stopped on |  |
|  | pat on the back whle iving |
|  | ${ }^{\text {Is a morth a bucket of tears mien }}$ |
| Mras. Dick- |  |
| and stouted | Mrs. D. A Davis vulted relatires |
| et car: | at Panhandie Tur |
| n nase a salip | dor D A Davis risted |
|  |  |


| CLASSIFIED <br> ADVERTISING <br> Rates.-One insertion, 20 per wod insertions, 3 pe per word, or Te per word each week afler hrat <br> Lines of white space will be charged for at same rate as read- ing matter. Black-faced type at <br> less than 25 c per week. All ads cah with order, unless you have a running account with |
| :---: |

Wheaties
 TOMATOES

KRAUT

BEA

TOMATO JUI

Grapefruit Juit

PRUNE JUIC
$\underset{\text { PORK }}{ }$ \& BEANS
CRACKERS

PRUN
$\underset{\text { Monte }}{\text { PEACH }}$

LEMO

PICKL

$\begin{array}{ll}\substack{\text { Hershey's } \\ 2 \text { to can }} & 220\end{array}$
BUTTER

## per to OLEO Sunlite or villey <br> Brook, per to they sliced BACON <br> $\begin{array}{lll}\begin{array}{lll}\text { per to } \\ \text { Corn King sliced } \\ \text { per } & 25 \\ \text { COT }\end{array} & 28 \mathrm{C}\end{array}$

COTTAGE CHEES
per to 10 C
Cheese
ROAST

DOG FOOD
or
chy
at
PUCKETT: GROCERY an


THE McLEAN NEWS

