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| Weekly News Annlysts |
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| Axis Adopts 'Confusion' Plan |
| To Foree My More Concessions |



WHO's
NEWS THIS week


## What to Eat and Why

## CLASSIFIED DEPARTMENT

. Houston Goudiss Explodes Some False Notions About Food; Warns Homemakers Against Fallacies and Superstitions By C. HOUSTON GOUDISS
T HAS been well said that a little knowledge is a danger
ous thing. This is particularly true of dietary facts, for
alf-truths can be more misleading than lies.
There should be no place for half-truths, misinformation
r superstition in a matter so vital as the choice of food. Yet or superstrom the letters that
fudging frers are being influ
homemake homemakers are being influ
enced, not by scientific knowl
edge, but by "old wive
tales," and a multitude o f isis and fancies which there

less. Others may be detrimental
to health. For they result in an
unbalanced diet that deprives the unbalanced diet that deprives the
body of substances neded to
maintain physical efficiency at the

| food provides such a varie important nutrients concen in such a small space. B its fine quality protein, ehe notable for its energy valuea supplying the minerals, ea and phosphorus, needed for and bones, and as a sour vitamin $A$. |
| :---: |
| Don't Make Mistakes About Milk Not even milk has escaped a ariety of groundless superstitions. It is said to be "fattening" when the truth of the matter is that no food is fattening unless consumed in excess of bodily needs. The food faddists say that en at the same meal, for the fruit acids will cause the milk to curdle. Here is an outstanding example of the misleading effect of half-truths. For it is a physio- logical fact that milk is always action of the hydrochloric acid! Some people are afraid to eat acid-tasting erroneous idea that they spite of their acid taste, however, most fruits have an alkaline reac- <br> My earnest advice to homefads and fancies. Don't be guided by hearsay advice. Eat a wide variety of foods in moderation. Learn diet. And make that your health ideal. |
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Llemt and Justion have he
 and of Resident Commist
ters of Iglesias of Puerto
Santago
staioned in Washington. stationed in Washington.
The United States is proud
be haven and home to Light J.
tice, Equality. Fraternity, Libe tice, Equality Fraternity, Liber
and Peace. May they long abi,
with us!-Philadelphia Inquirer.

## Correct Constipation Before-Not After!

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NERVOUS?
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virginio gayda


## Trend

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## People





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in coliege in india.

## Grade School News

 visting mound tie week end




News from Liberty
Sunday school at $10: 30$ a m.
Preaching each sunday night at


and Mrs. T. H Hardin and


Ba Liewelyn, at Burkburnetu.
Meschmes olen Davis, T. 1
OPriday. They were accampankid
Mrs. D. M. Davis of Mctan.
Mrrs. C. V. Hendren, Dale and Sue

dray and Mr. Robert. stokes.
mrrock vistiod the formers mothe
Compeck vistod het tormers mothe
K. Kte stokes. and ous
cos. Sunday atternoon.

Trof. and Mrs. Noah Cunninghas
Coivares spent hee week end wit
ative in this community.

Durham, Okia: Mr and Mr
ug wison and sons, Mr. and Mrs








NEW ICE CREAM
and
FROSTED MALT maCHINE

We have installed a modern ice cream and frosted malt machine and are now Order a frosted malt, or take home quart of our fine ice cream today HIBLER'S CAFE

## Mother's Day Gifts

Pangburn's Candy
in prettily decorated boxes Airmade Hosiery in all the latest shades
Many other items that make acceptable gifts for Mother
Make selections now. We will be glad to hold and mail when you desire.
CITY DRUG STORE min spostese, prosent

CHISVROHET Out-Accelerates.-0ut-Climbs and OUTSELLS the Field !


## Flayd Gibbans' ADVENTURERS' CLUB HEADIINES FROM THE LIVES

## "Horror of the Gray Spots"

 $\mathrm{H}^{\text {ello, everybod }}$East Ruthertorder, N. J., goos out and humst tor this Jim Burnett
 it you stay right at home and let them hunt you yp. But Jim
seems to have had pretty good suceess with his ste.

the bigest scare he ever got in hiss ile was that time, way back
in the interior of Brazil, when he ran into the Adventure of the
Gray Spots.
In Decemb
In
way up the Amazon on an errand of vengeance. A Portugues hali breed had killed McK Ma
in the wilderness. Jim and Jay had a hunch that they would
find him in the Geral Indian country, and they had started off


Then beth of them turned and started to to nu back to toeir canoe.





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 that eoded inose wo thas mission of vengeanoe they niever diad


Pagoda Tree Brought From Orient to Western World 1747
Sophora japonica, or the Pagoda white ash. It is especially valuable








 of ruffles and flounces. The latest
rend is toward the new tiered sil.
touete houette. You will see this treatment
pot ony in summery sheers but
onewe in light woolens and silk

## Late Styles Turn <br> 

Shirtwaist Frock
Latest for Evening
 dineer gown by ading ation



## Detachable Skirt

Does Double Duty Buy your new print trock bur make
 dark silk crepe that has a wide
crush corselet girde thit butions
卉out the waist. He the skirt open upp
front to show off the print to better
advantage. front to show
advantage.
To Lend a Laey L Lok
The importance of silk lace, no
ony as a trimming but for entir
deves an only as a trimming but for entire
dresses, is an interesting new note
struck by outstanding designers.

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Patl crosses nto europe
Lean Cuidanco of to moment by mo.


Becoming Dresses You'll Enjoy Sewing
Brat wed to give hite effect of

 Shacted or or pinted silk tor tow Pretur Bassue Frock.





 New soriss sum mer Patiern gook Nifang summer Patern Bookt $=2=3$ "uatiss

Pull the Trigger on Constipation, and Pepsin-ize Acid Stomach Too


## WATCH


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moner Baving to out
 THE SPECIALS

The McLean News, Thursday, April 27, 1939


| \| Mr, and Mrs. H. H. Lee and baby of |  |
| :---: | :---: |
| Mr. and Mrs. S. L. Montgomery made a business trip to Welling Thursday. |  |
| $\begin{aligned} & \text { Fulton of Lefors was in Mc- } \\ & \text { Thursday. } \end{aligned}$ | REFRESHMENTS |
| week. | A dish of our pure ice cream in your favorite flavor, or a tall soft drink refreshments deluxe for any taste. Visit our fountain often. |
| DR. A. W. HICKS |  |
| N'TIS' |  |
|  |  |
| Office Hours 8:30-6:00 |  |
| Phone 230 | DRUG CO. |

THANK YOU!
for the nice business given us since our opening in McLean. We are now in our third year here.
NEW MILK AND HONEY LOAF There is a difference in bread. Taste the difference in our milk and honey loaf.

NEW LOCATION
We will be located in the old Brooks Tailor Shop place on Highway 66 after May 1.


ARE YOU SURE HIS FOOD Is Safe?

Bacteria and molds with their danger to health increase with warmer weather-
Your grocer uses modern refrigeration to keep foods in safe condition until you buy them.
A new electric refrigerator is worth its cost when you think of food protection
alone. However, you will also enjoy its abundant ice cube service, its fast dessert
freezing capacity and other advantages freezing capacity and other advantages
which we shall be glad to tell you about.
Plase Please call 158.

Southwestern PUBLIE SERVILE Company

# Mountain man 

A Banner Fiction Serial By harold channing wire
CHAPTER XVII-Continued Irene unlocked the turtle-back and
Breck looked in. Folding chairs,
folding tables, folding beds lay
there. He drew them out, uncover.
tion ing boxes of fresh fruit, a tin of
waters, three bon voyage baskets of waters,
andy.
"Trene," he ouked, , are sous sure Now much fout,
"On yes! Heaps!",
"How much flour, rice and ba
con?"
'No flour. I brought crackers.
You know, Gordon, I never eat rice.
And bacon Yud know, Gordon, 1 never eat rice
And bacon
just a minute had Toby buy everything." She
furned to the chauffeur. "Toby, how much bacon
"Six half
"Six, half pound packages, I
think.".
Breck grinned. "No flour, no rice,
three pounds of bacon." He waved
toward the house. "You rest in three pounds of bacon."Ye waved
toward the house. "You rest in
there-all of you. I'll do the pack-
"And FII watch!" Irene asserted
with suspicion. "I know what you're
going to do. I've got the cutest lit.
going to do.
le mattress
squash down
I suppose yo
evening dres

## 

 tho only vening gown,

Thye seas ome ritht prevty camp

rrhes selected about one fourth the
 ancod onthe beadang and atrew

He put the senator in the lie Tiss siduterenand muth her mand ne


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| "he's such a fine |  |
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| would rather have been bringing a |  |
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| He knew it was not beyond her totake a curious interest in Art, play |  |
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| him until that was satisfled, then cut him. |  |
| Once more that afternoon she |  |
| turned their taik to him, askine,-What will you bet that I don't see |  |
|  |  |
| 't see my cowboy friend before night? <br> You won't," Breck |  |
| "He lll be halfway over the root by the time we reach the summit." |  |
|  |  |
| ut woman's instinct was better |  |
| ng. When they came into Summit Meadow at dusk |  |
|  |  |
| a campli. Tillson's mules grazed |  |
|  |  |
| nearby, and the cowboy sat cook- |  |
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| So it was settled. The Senator, ampaigning from long habit, had already won Tom Temple and said seaks sounded good. But Ire "Why, Mother is all right," be inIrene fumed. "You never undertand!' <br> The Senator resigned and climbed board his animal. <br> "Well anyway," Temple said greeably, "you can figure to come ack for the barbecue. <br> Breck groped for some excuse to Bide again to Louise; yet knew that would be foolish. There was noth- <br> ng. Besides, Irene was still close |
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## HOW To SEW <br> by Ruth Wyeth Spears og



Cal Ean, Cant Sleep, Awful Gas


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