# THE McLEAN NEWS 


the mclean news, thursday, may 13, 1943

War Brings America Knowledge of How To Eat Properly; Once Lowly Vitamin Now Important Item in Balanced Diet
U. S. Finds It's Protein and Not Meat That Counts; Most Nutritive Cuts Once Scorned by Housetvives; Heavy Meals Necessary for Workers.

## by al jedlicka

 Released by western Newspaper Union.Time was not so very long
ago when all of this nutritive ago when all of this nutritiv
and vitamin talk sounded kind of silly.
That was the time when al
most everybody thought that most everybody thought that
vitamins were something that came in capsules or pills;
when women figured that when women figured that
they knew all of the tricks of
the culinary trade, and whe the culinary trade, and when
we all liked food for its taste
and gave little consideration and gave little consideration
to its minerals, proteins, car bohydrates, et
Plates were heaped with po-
tatoes and meat; if there were any kids around, few
vegetables were served be cause they didn't like them; and then more potatoes an
more meat, and finally great big slug of pie, was put
down to top off a good meal. If the Little Womas came home
from some cooking school ail
worked up about the science of too worked up about the science of food
and its preparation, the head mad
dempened her enthusiasm by genti)
but firmly advising her that all that vitamin and mineral sturf was the
bunk, and meat and potatoes wer
sood enough to keep the world

 Diets of many industrral workers
appeared to be eblow the level of
what is required for ote otimum nu-
trition-and and all because toods are
not chosen wisely! Other high protein foods include
white, navy and kidney beans: black
peas, peanuts and peanut butter.
Pennuts never have been baken very Peanuts never have been taken very
seriously except ta ball games may.
be out wit the emphas on their
decided food tailue and the indus.
trial use for thelir oil they have come
into extensive cultivation in the
into extensive cultivation in the
South
Nutritionists have been careful not
to put all of their egss in one basket.
howeve.
While pointing out the fod value
of vegetabies, one expert explains:
o. Ersatz dishes of beans, peas,

 Since meat rationing came along.
tood experts have been pointing out
the necessity of seeking othe the necessity of seking oher
sources of protein. In so oing. the
have consoled us no end by the
reminder that, after all, it's not the

## -se cos cos

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the protein it contains. Meat is necessary to our diet be
cause of its high protein content. tore, other foods high in protein cal this war our domestic cheese will equals in quality any in the world tage, being superb as as areat advan-
of the high quality of its proteins.

HERE'S WAY TO



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the National Thritt committec. Wit
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aid to the
by every purchase of more an by every faunily. Ree oognire bonds that
most budgets are af most budgets are as full of old hab-
its at this time of year as closets. are cluttered with clothes, the com-
mittee sugesests a tamily conterence mittee suggests a family conterence
upon itims to be discarded for sim-
plined living , with consequent sav.


## Who's News This Week

In Path of Allied Advance in Tunisia

and one reverse after another in 1

 Woof! Woof! Mamma Is Off to the Wars

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 Page 1 Reesarch
Or Blow Up Lab
$\qquad$
 calls on Director Davis to help with
an analysis
Davis is no poor analyst, by
 Mperis is years old, uhe oon of an
thdiana banker. He and the judicict.




 | Latite |
| :---: |
| Betore owt Davis ured wo live | vime ins a Me Monhatan, apartiment, part





With good.by woots and beart-breakings, slance., stix pupples of Tivief

John L. Lewis Addresses Mine Workers




Display Captured Japanese War Flags



## THE SUNNY SIDE OF LIFE

Clean Comics That Will Amuse Both Old and Young


## CLASSIFIED

DEPARTMENT
FARM HELP WANTED
$\qquad$
 Buak and Eat

PHOTO FINISHING

 W.ANTED
 MISCELLANEOUS 2 Mrem numen meit

RABBITS WANTED
 GUERNSEY HEIFERS


LALA PALOOZA - Maybe They're the Thornton Boys


By GENE BYRNES

RAISING KANE-Surprise


By FRANK WEB


By RUBE GOLDBERG



SOPROACIIS





## Congratulations

HIGH SCHOOL SENIOR CLASS


# Our Heartiest Greetings to the Class of '43 

Some of you look forward to extending your education. Others will seek employment in offices, factories, and on farms. Still others will go into partnership with Uncle Sam. Your diploma is a badge of accomplishment, and we con gratulate you upon your achievement. And we want to say that whatever course you may choose to follow, our very best wishes are with you.
american national bank SOUTHWESTERN PUBLIC SERV. CO. avalon theatre
t. N. HOLLOWAY insurance

GREYHOUND DRUG STORE
PUCKETT'S GROCERY \& MARKET
CITY FOOD STORE
POWERS DRUG CO.
hindman hotel
meador cafe
FIRST BAPTIST CHURCH
ALDERSON DRY CLEANERS
ELITE BARBER SHOP
A. T. WILSON at the Hermitage

TOM BOYD, Inc.
CONSUMERS SUPPLY co.

THE TEXAS CO
EMORY CROCKETT, Consignee
PHILLIPS 66 PRODUCTS
J. R. GLass, Agent

BENNIE'S CAFE
hRs. buddy watkins, Manager
STUBBLEFIELD DEPT. STORE
BROOKS DRY GOODS-TAILOR SHOP
GRAHAM CAFE
REAGON'S AUTO SUPPLY
McLEAN IMPLEMENT CO.
MACK'S CAFE
WOMACK FUNERAL HOME
McLEAN STEAM LAUNDRY W. H. RLOYD, Prop.

DAVIS FEED STORE
CONCHA OIL \& GAS CO., Inc. T. J. COFFEY, Prop.

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