

97 PER CENT OF ACCIDENTS PREVENTABLE

CHICAGO — Accidents — 97 per cent of them preventable — cost the nation \$4,000,000,000 in 1941, the National Safety Council announced today in issuing its annual statistical yearbook, Accident Facts.

Even more important, the Council said, was the productive time lost through occupational accidents alone. On-the-job accidents killed 18,000 workers, injured 1,600,000, cost \$850,000,000 and resulted in the loss of 460,000,000 man-days of work during 1941. This lost time was the equivalent of work that could have been done by 1,500,000 new workers, and came at a time when every hour lost delays war production needed for victory.

All-accident totals in 1941 (including occupational) were 102,500 killed, 350,000 permanently disabled and 9,300,000 injured. Traffic accidents were the largest factor in rolling up the death and injury total, the Council said. Motor vehicles accounted for 40,000 dead, 1,450,000 injured, and a cost of \$1,900,000,000.

Accidents in the home ranked next. They killed 31,500, injured 4,650,000 and cost \$600,000,000. Other public accidents of all kinds killed an additional 15,000, injured 1,800,000 and cost \$400,000,000.

In an effort to stem this drain on the nation's man-power and woman-power, President Roosevelt has called on the National Safety Council to lead a nationwide campaign to reduce accidents in traffic, industry and the home.

The War Production Fund to Conserve Manpower, headed by William A. Irvin of the United States Steel Corporation, has been established by leading business men and industrialists to see that the Council is provided with sufficient funds to do this greatly expanded wartime job.

Commenting on the staggering loss inflicted by accidents in 1941, Mr. Irvin said:

"We Americans have been killing ourselves and each other at a record-breaking rate. Since the beginning of the war, the vaunted Luftwaffe of the Nazis has killed 43,300 English civilians in mass air raids the like of which the world had not dreamed. But in one year we killed 102,500 of our fellow Americans through accidents alone!

"Careful investigation over a period of years by the National Safety Council's engineers has convinced us that 97 per cent of all accidents are preventable. In other words, they are due to carelessness — by drivers, pedestrians, workers and housewives.

"Accidents are a disease, like typhoid, diphtheria or tuberculosis. A nation that can cut its typhoid death rate 94 per cent and its diphtheria death rate 94 per cent and its tuberculosis death rate 61 per cent, which we have done since 1900, can cut its accident rate as well. Accidents must be reduced for victory"

Pelley Sentenced To 15-year Term

By United Press INDIANAPOLIS, Ind.—William Dudley Pelley, today was sentenced to 15 years imprisonment on his conviction of seditious and conspiracy charges in the Indianapolis Federal Court.

Man Of All Work



Members of new U. S. First Special Service Force, commanded by Col. Robert T. Frederick, will be trained for parachute duty, marine landing operations, mountain and desert fighting. (Official Army photo from NEA.)

Manpower Being Killed Off Fast By Avoidable Mishaps

CHICAGO —The nation's manpower for years to come is being killed off by avoidable accidents faster than by any single disease.

That is the report of the National Safety Council in its 1942 edition of Accident Facts.

Based on accident experience through 1941, Accident Facts reports:

Ages 1 to 4—Accidents are the most important cause of death, pneumonia second, diarrhea and enteritis third.

Ages 5 to 9—Accidents most important cause of death—four times as many deaths as appendicitis and pneumonia, the next causes.

Ages 10 to 14—Almost three times as many deaths from accidents as from second cause, heart disease.

Ages 15 to 19—Accident deaths most numerous. Tuberculosis second—only three-fifths as many deaths as accidents.

For the ages 3 to 25 years, accidents kill more persons than any disease. For ages 3 to 38, accidents kill more males than any disease.

America May Be Growing A Race Of Supermen Now

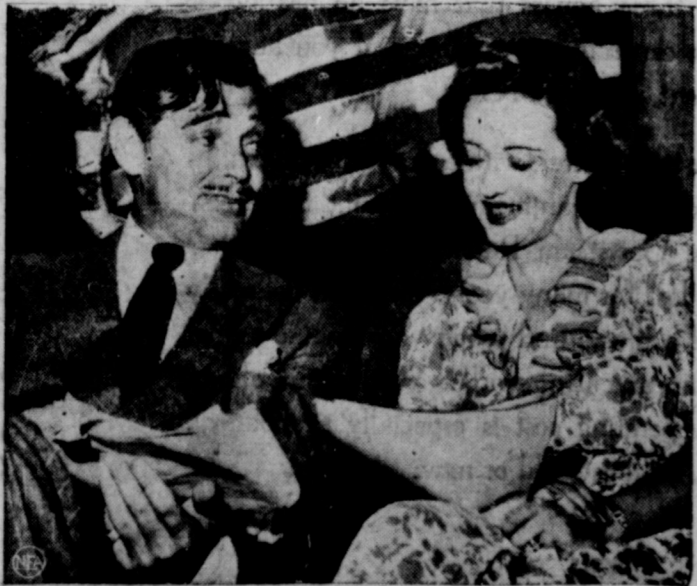
CHICAGO —Is America breeding a race of super-men, with eyes trained to see approaching automobiles more quickly, leg muscles that enable them to leap like jack rabbits to safety, muscular co-ordination that lets them place a hand on the radiator of an on-rushing car and vault nimbly to one side?

Traffic engineers of the National Safety Council voiced such conjectures when summarized the figures on traffic accident figures contained in the 1942 edition of Accident Facts, the Council's year book on the nation-wide accident toll.

Figures for 1941 show that while automobile deaths from collisions were up 24 per cent, and non-collision deaths registered a 21 per cent increase, pedestrian deaths increased only 7 per cent over 1940.

"The offspring of today's pedestrians will be the Olympic champions of the future," one engineer suggested.

In Line of Duty



In one of his first public appearances since his wife, Carole Lombard, was killed on a war bond selling trip, Clark Gable chats with Bette Davis. They took part in "Command Performance," broadcast exclusively for U. S. service men in foreign lands.

NAVY MANNING LOVELY ISLES OFF THE COAST

LOS ANGELES, (UP)—Lonely, wind-swept islands off the Southern California coast, once the paradise of fishermen and hunters, today have become the watchdogs of invasion.

Perched on high points of unobstructed view are U. S. Navy patrols — modern Robinson Crusoes armed with spy-glasses and radios who constantly scan the sea and sky for enemy submarines or air craft.

Only volunteers are accepted for this lonesome but vital job, and men must be familiar with silhouettes of enemy ships and planes and know the elements of weather observation to qualify.

Stationed on islands scattered along 200 miles of coastline, the invasion guards receive mail and provisions every two weeks. Often serve for more than two months without seeing the mainland on a fortnight's leave.

On some islands, the Navy men live with ranchers who raise sheep cattle and horses. On others, they live in specially constructed Navy quarters. Roads have been built in some places, and the Navy version of the jeep is used for transportation.

Off-duty, the men enjoy unspoiled beaches and fishing which are the envy of their mainland comrades.

The wind-patterned sands, free of the familiar litter of tin cans and papers, offer instead collectors' items in stones and shells. Clams and abalones, some containing small pearls, are available at low tide. Fishing is excellent. And the crags and slopes offer plentiful game.

Every storm leaves new surprises on the beaches, including glass balls, used as floats by Japanese fishermen, which have drifted 5,000 miles across the Pacific.

The floats are harmless curiosities—but if the owners ever come after them, the boys of the island patrols are ready and waiting to touch off a reception the invaders will never forget.

State's Pension Payments Reach Above "Ceiling"

AUSTIN, Aug.—(Special)—The State Department of Public Welfare will distribute this month \$3,571,721 to 177,822 Old Age Assistance recipients. This is \$71,721 above the ceiling that recent political aspirants charged the 47th Legislature with placing upon the amount which could be expended in any one month. Expenditures are now in excess of current income, this being authorized by the State Comptroller in compliance with a recent ruling of the Attorney General to the effect that no ceiling on expenditures exists so long as the funds are made available through the monthly allocation of \$1,750,000 out of state funds.

The assistance rolls made a net gain of 1,409 and cost increase of \$66,558 over the previous month. The average grant jumped from \$19.87 to \$20.09.

The Welfare Department investigated 7,599 cases during July, which resulted in a \$6.27 average raise to 6,232 recipients. Grants of 777 recipients, averaging \$21.01 were sustained without change and 425 had their grants lowered an average of \$4.22. Only 165 of all investigated cases were found to be currently ineligible.

Observation Tower Built By Members Of Air Observers

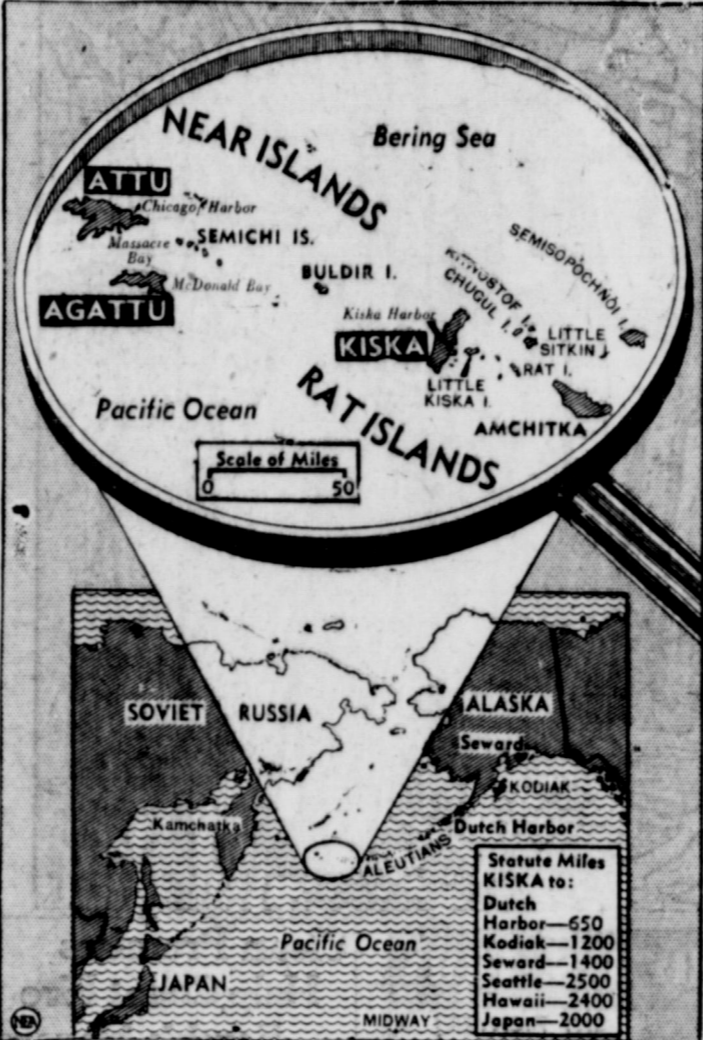
REPUGIO, Tex. (UP)—Erection of an aircraft observation tower was completed at Greta by members of the service in the Greta district.

The new tower expedites the observers' job, which heretofore had been hampered when low-flying planes were hidden from view by passing trains and the numerous tree groves in the Greta area.

Constructed of steel derrick parts, the tower is 24 feet tall and has a platform top from which the Refugio water tower, 10 miles distant, is visible.

T. S. Tibbitts is post organizer of the Aircraft Warning Service in the Greta district.

Spotlighting Jap-Held Aleutian Isles



Closeup look at the three tiny Aleutian islands seized by Japan from the U. S. shows them to be mere specks on the map with a total area only half that of Rhode Island. But Batavia was no bigger than these three rocky, fog-swept islands, and with 10,000 Jap troops reported occupying them, Attu, Agattu and Kiska may yet become a battle arena as famous as the Philippine peninsula.

RIOTING IN INDIA STILL IS UNDERWAY

By United Press NEW DELHI, India.—Rioting, independence demonstrators surged closer to the British-American residential section of New Delhi today, and police, backed by troops with machine guns—again fired on crowds.

In previous rioting, during which most of the stores and shops were closed upon orders of the independence movement leaders, 12 persons were killed and at least 35 were injured.

Reports of today's rioting and the subsequent armed action against the rioters, did not indicate whether others had been killed or not.

LONDON.—The situation in India is "completely in hand" and any picture of widespread disorder there is utterly distorted, the India office here said today in an official statement.

Equipment For Air Raid Use To Be Received Soon

BEAUMONT, Tex. (UP)—Stretchers, cots, first aid pouches, steel helmets, and other needed air raid protection equipment will be shipped here soon, Gov. Coke Stevenson has advised local defense officials.

Defense Director G. D. Switzer said he had been informed by Gov. Stevenson that the first shipment will include equipment for 11 medical teams and five casualty stations, 47 stretchers, 142 folding canvas cots, 189 first aid pouches, 2016 pump tank extinguishers and 1,190 steel helmets.

Needy Blind Will Get \$79,344 In Texas This Month

AUSTIN, (Special)—The State Department of Public Welfare announced today that \$79,344 was being distributed to 3,449 needy blind persons this month. This is a net gain of 154 cases. Monthly disbursements are now in excess of the monthly allocation to the Blind Fund. The surplus, built up by unexpended portions of the monthly installment while the rolls were small, is being drawn upon to enable the state to pay an average grant of \$23.

YOUTHS OF 20 TO BE GIVEN DRAFT RATING

By United Press AUSTIN, Tex.—Local draft boards throughout Texas were instructed today by a memorandum from State Selective Service Headquarters to proceed immediately with classification of all registrants of the fifth registration—June 30—who have reached their 20th birthday.

In Texas the fifth registration affected approximately 132,000 men. Gen. J. Watt Page, State Selective Board officer said today.

Registrants who have not reached 20 will not receive a questionnaire now, but immediately upon reaching the age of 20 the questionnaire will be mailed to them.

Funeral For Mrs. Walter Branton Held Wednesday

Funeral services were held at the Baptist church in Rising Star at 4:00 p. m. Wednesday for Mrs. Walter Branton, 58, who died in a Ranger hospital late Tuesday afternoon. Rev. Hubert Christian officiated. Interment was in the cemetery at Long Branch.

Survivors include the following children and brothers and sisters: Children—Hosea Branton, Belton; Mrs. P. Buchanan, Rising Star; Maxine, Dick and R. N. Branton, sisters; Mrs. Virgil Brothers, Palains; Dr. W. S. Poe, Eastland, Jim Poe Fort Worth and Mrs. Frank Lovett, Eastland.

Eastland County Enlists Three In U. S. Naval Force

Eastland County enlisted 2 men for the United States Navy during the first week of an intensive recruiting campaign to be conducted by the Dallas district during August and September. The quota for Eastland county for August is 28 enlistments. The same quota is being assigned this county for September; C. L. White in charge at the U. S. Navy Recruiting Station at Abilene, announced today.

This is a drive for 6,000 recruits for the Navy in North Texas and if met will mean that crews have been provided for more than 30 destroyers.

SOLOMON BATTLE STILL RAGES BUT RUSSIANS IN DIRE STRAITS IN SOUTH

SHEEP, GOAT RAISERS WILL HAVE MEETING

The annual barbecue for sheep and goat raisers of Eastland County will be held Friday at the Cecil Shultz Ranch, north of Rising Star on the Rising Star-Cisco Highway, it was announced here today. Registration for the meeting will begin at 10 o'clock, with the annual meeting closing at 3:30. The route to the ranch will be designated by highway markers, it was stated.

Dr. I. B. Boughton veterinarian of the Senora Experiment Station will talk on sheep and goat diseases and parasites.

J. F. Donley of Ranger, breeder of registered goats, will discuss breeding and selecting goats. He will exhibit some of his own animals to demonstrate what can be done with registered bucks in improving herds.

Pearl Long of Ranger will exhibit some of his fine stock.

Other speakers invited to the meeting include Mr. Mackey of the Texas Livestock Marketing Association of Fort Worth, who will talk on marketing and W. R. Nesbit, sheep and goat specialist with the extension service of Texas A. & M. College, who will speak on feeding, and Mr. Humphrey of the San Antonio Stockyards, who will talk on marketing mutton goats.

Nothing Is Heard From Wainwright Since Corregidor

MONTEREY, Cal. (UP)—There has been no direct word from Lt. Gen. Jonathan M. Wainwright, commander of U. S. forces in the Philippines, since Corregidor fell and he was captured by the Japanese, according to Mrs. Wainwright.

Writing from Skaneateles, N.Y., where she is spending the summer, Mrs. Wainwright gave thanks to the Monterey city council for its recent action in renaming streets in Monterey Heights in honor of the gallant general.

Mrs. Wainwright, whose home is on Jacks Peak near Monterey, wrote the council in part:

"A letter from him (General Wainwright) written May 3 has just reached me (July 15). That was two days before his last radio to the War Department. . . The Red Cross is trying to get in touch with my husband through Geneva, but so far all Tokyo will say to them is that he is on Lupon and well."

Four Stripe Navy Miss Is Taken For Regular Skipper

DETROIT, (UP)—Four stripes on the sleeve make a Navy captain, but Miss Mary Louise Stout, 25 years old, holds a rank that is even more exclusive than that.

Miss Stout, who is in charge of 270 women inspectors in the Detroit Naval Ordnance District, is believed to be the only "four-bar woman" in the naval ordnance service.

With less than a year in the service Miss Stout, who has a Master's degree from Columbia University, is now assistant to the chief inspector in the Detroit district. The four bars indicate her civil service classification.

At first she wore the bars on the arm of her trim blue uniform, which she adopted at the suggestion of her superior to make things easier in traveling around the district and entering ordnance factories. But she had to give that up. The bars now decorate the left breast of her uniform.

"Too many navy officers were confusing me with a captain," Miss Stout explained.

Inconclusive Indications Are That American Forces In Solomons Still In Favorable Positions In Attack Toward Tulagi Harbor.

NEXT



A Maori soldier from New Zealand cleans bayonet after hand-to-hand fighting with Germans and Italians near El Alamein in North Africa. (Released by the New Zealand legation.)

COUNTY BOYS DO WELL AT ENCAMPMENT

The largest District 4-H Club Encampment ever held in the State was held for 4-H Club boys' of Extension District No. 7 on the shores of Lake Buchanan in Llano county the 6, 7 and 8th of August. 4-H Club boys enjoyed swimming, rifle shooting, soft ball games and educational programs at the encampment.

Eastland county had the second largest group at the encampment out of 22 counties present with 65 boys and 8 adults. The boys were divided in 4 groups with an adult leader at the head of each group. Adult leaders were Buck Weston, Carbon; John Ivy, Colony; E. Richardson, Carbon; H. H. Kirk, Gorman.

Eastland county boys were outstanding in all activities at the encampment. Their softball team organized under the direction of Mr. John Ivy won the championship in the soft ball contest.

In the rifle shooting contest an Eastland county team composed of Paul Gibson were first place winner Clifton Beck, Billy Johnson, and ners and received a rosette. Clifton Beck also won third place in individual shooting.

John Ivy and Floyd Lynch, County Agent, tied for fifth place in individual shooting for adults. A team composed of Clifton Beck and Wince Graham of Morton Valley placed first in the Farm Fence Building Contest and will receive a \$25.00 prize from the Republic Steel Corporation.

Mr. Tom Lovelace furnished transportation to the boys and adult leaders for a very reasonable sum. The cost of transportation and dues while in camp were \$2.00 per person.

County Agent Floyd Lynch, and his assistant Joe Glover were well pleased with the showing the Eastland County boys made.

Three Couples Liscensed To Marry

Marriage license have been issued from the office of county Clerk R. V. Galoway, to the following couples.

Bill McCarty and Vivian Olivia Thommeil, Eastland. Charles K. Williams and Miss Sara Elizabeth Crawford, Olden. Orville Garrett Hise, Ranger and Dorothy Mae Lane, Olden.

THE WEATHER WEST TEXAS—Little temperature change this afternoon and tonight.

War Brings Demand For New Courses

DALLAS, Tex. (UP)—Wartime conditions have brought demands for such new courses as millinery, map reading and drawing, Chinese, Russian, civil aeronautics ground courses and housewives' home repair work for the next session of the Dallas Public Evening school, according to Walter Schuebel, director.

Collects Timetables

AUBURN, N. H. (UP)—Charles Keniston, retired Boston and Maine section hand, has a collection of timetables dating back to 1873. Many of them were handed down to him by his father for 51 years a railroad employe.

Golfing Gob



Samuel Jackson Sneed has little opportunity to swing a golf club at Norfolk Naval Station where he is a specialist second class. "The Navy's the toughest course I ever hit," says F. G. A. champion.

EASTLAND TELEGRAM

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Member of United Press Association

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NOTICE TO THE PUBLIC

Any erroneous reflections upon the character, standing or reputation of any person, firm or corporation which may appear in the columns of this paper will be gladly corrected upon being brought to the attention of the publishers.

Obituaries, cards of thanks, notices of lodge meetings, etc., are charged for at regular advertising rates which will be furnished upon application.

Entered as second-class matter at the post office at Eastland, Texas under Act of March 3, 1879.

BEATING THE U-BOATS

It is not necessary to have access to any secret statistics to realize that as of today, and as of any tomorrow soon enough to be significant the United Nations are losing the battle of the Atlantic.

That fact is inescapable in the light of official statements that axis submarines, mostly German, are sinking our vessels faster than we can replace them.

Considering also the official concessions that we never had enough shipping space for the war job, the only sane conclusion is that a bad situation is steadily becoming worse.

This could mean that we shall lose the war. It may mean just that, unless we show a little of that American imagination and initiative of which we love to boast.

How we can beat the U-boats, solve our shipping headaches and get to the fighting fronts those supplies which are useless while they lie around factories, warehouses and piers?

Obviously there are three methods, and no more. The first is to reduce the submarine toll. Thus far every effort in that direction has failed. Whenever the public has been told that the problem was being solved, sinkings have climbed like the head on a glass being filled with beer.

The second is to build more ships even faster than our astoundingly successful current program is doing. And where shall we get the raw material in time?

The third is to cast tradition to the winds, climb out of the deep rut we are in and beat German initiative with American ingenuity and initiative by carrying our cargo where the submarines can not even see them—much less torpedo them.

That is what proponents of a huge air-freight fleet, to supplement and perhaps even replace the water-borne merchant marine, are urging.

They want to take the emphasis off costly ships which can be sunk faster than we can build them, and put it on airplanes which have a better chance of getting through.

Aeronautical science has reached a point where we can build aircrafts capable of carrying two of our largest tanks, or 20 of our P-40 fighters, or corresponding quantities of other armament, thousands of miles, non-stop.

They can go to the farthest corners of the war front, leave their cargo, pick up any return loads and be back in a week. It takes a ship five months for some of these round trips—provided the ship gets back at all.

Radical? Sure. Daring? Of course. A gamble? Probably. Isn't this the time for daring—for a gamble that will improve the odds now against us?

The Western Hemisphere Faces The Axis



Ask Women To Use Less Cologne And Turn To Perfume

CHICAGO, (UP)—The men who provide glamour by the ounce have been smitten by the heavy knife of war conservation, and in a plea to the women, who already patriotically have yielded their girdles and silk stockings, are asking:

"Please use more perfume, less cologne." The alcoholic content of cologne is very high, William R. Tenney, vice-president of the Chicago Associated Toiletries Salesmen explained, while that of perfume is very low. Therefore, women will be wise to purchase more perfume and use it sparingly.

A major headache for the toiletries men arose from a curtailment of alcohol, which has been limited to 70 per cent of the amount used in 1940.

Although wholesalers are expecting an OPA order soon that will restrict their sales to certain percentages, the amount and variety of perfumes will be sufficient to meet all Christmas shopping needs this year, Tenney said.

Most of the famous French perfumes now are bottled in America instead of being shipped here in concentrate and rebottled. Chicago fast is becoming the perfume center of the country and while sizes and selections have been deleted from the usual stocks available, shoppers will find enough aromas to tempt the male with customary efficiency.

The annual show of the toiletries association was held here

THIS CURIOUS WORLD

By William Ferguson



MORE OF THE WORLD'S HISTORY HAS BEEN EXCAVATED IN EGYPT'S VALLEY OF THE KINGS THAN FROM ANY OTHER PLACE ON EARTH! ...AND CENTURIES FROM NOW, HISTORIANS MAY DIG UP REMAINS OF PAST NAZI LEGIONS FROM BENEATH EGYPT'S SHIFTING SANDS!

THE GENERAL MAXIMUM PRICE REGULATION, DESIGNED TO PREVENT THE RISE IN LIVING COSTS, ACTUALLY LOWERED LIVING COSTS AFTER ONLY ONE MONTH IN FORCE.

LONG DISTANCE TELEPHONE CALLS ARE ALWAYS SHORT, SAYS MARJORIE E. MARSHALL, Asheville, N.C.

of the need for readjusting stocks three months in advance because in view of coming government regulations.

SUPERMEN OF THE U.S. ARMY



BY PETER EDSON
NEA Service Washington Correspondent

WHILE the soft pedal of censorship is definitely down on U. S. moves in psychological warfare, it is possible to take a peek at some of the Nazi tricks in this field to see what is meant when this new, fancy phrase of 1942 is bandied about by parlor generals in civies.

Back in the middle of last winter, when the cold and ice and snow were spread over Russia lower and deeper than they had been at any time since Napoleon took his licking, the Berlin radio unexpectedly came out with a bulletin that the Soviet armies had launched a tremendous offensive. This news was picked up and repeated by German-controlled stations in France. For a day or two they had this information exclusively, because no one else could confirm it. Moscow was silent. Then the British and American listening services picked it up and put out cautious bulletins on the story, carefully attributing it to the source. That should have been sufficient warning to take it easy, but it wasn't. U. S. radio announcers broadcast it as a flat statement of fact, without mention of source. The resulting impression was that the Russians didn't need help from anyone, even in the dead of winter.

The United States at that time had not extended Lend-Lease Aid to the Soviet. It was being discussed, and the whole question of aid to Russia was in the balance. Editorial remarks in newspapers, the words of the radio commentators, even the debate in Congress at the time all showed, according to the analysts, that the necessity for aid to Soviet Russia was neither great nor urgent. In other words, by this planted story, the United States was lulled into false confidence in the superiority of Russian arms.

ACTUALLY, the Russian armies had not stirred. They were frozen in just as tightly as the Germans and the only action was in the air.

This example may illustrate the essence of propaganda warfare, but it must not be taken as a pattern. Once a trick is learned, the assumption is that it's no longer a trick. The technique must be changed to provide surprise and unexpectedness. Use of the short wave radio to spread propaganda may have worn so thin that it may now be ineffective. Other devices have to be used, and that is where the Germans are at their best. When the Nazis wanted to stage a recent propaganda blitz in Turkey, for instance, their key diplomatic representatives simply did some direct whispering in important ports and started a wave of rumors that caused all kinds of turmoil. The importance of propaganda warfare can, however, be over-emphasized. To become really effective, propaganda warfare must be extended into psychological warfare, which is war plus the psychological factor.

Clean Premises Help Cheat Fire Bomb's Hazard

AUSTIN, Tex. —While all of us hope that our homes will not be fired by incendiary bombs from enemy planes, it is wise to practice a few simple precautions that will help control such fires, is the suggestion offered by Marvin Hall, State Fire Insurance Commissioner.

"The most important thing to remember," he said, "is to avoid keeping unnecessary materials that may provide fuel for fire. Basements, attics and closets are prolific with fire hazards. This is particularly true of attics, which would be the most likely part of a house hit by a fire bomb."

"We keep Aunt Mary's graduation dress, father's first long pants, baby's first shoes and many other such things in old trunks and boxes, or even loose in the attic."

"Many of us also have stacks of old magazines and papers—ones that we will never look at again, but keep them stored in the attic. Why not sell them? Or if the magazines are recent numbers maybe some reception center for our armed forces would be glad to get them. Remove spare clothing from the attic. Discarded lamp shades, picture frames and all other combustibles should be cleared away. The attic that is entirely bare of such things is the one that cheats the fire bomb."

"People in inland cities might think such precautions are not necessary, but cluttered attics, basements and closets are breeding grounds for fires under normal conditions. A fire started through carelessness and neglect will burn just as much property as one started by a fire bomb."

A substantial reduction in the tremendous fire loss of this country would result from a thorough hunt for fire hazards from attic to basement of every home, and removal of such hazards, the Commissioner stated.

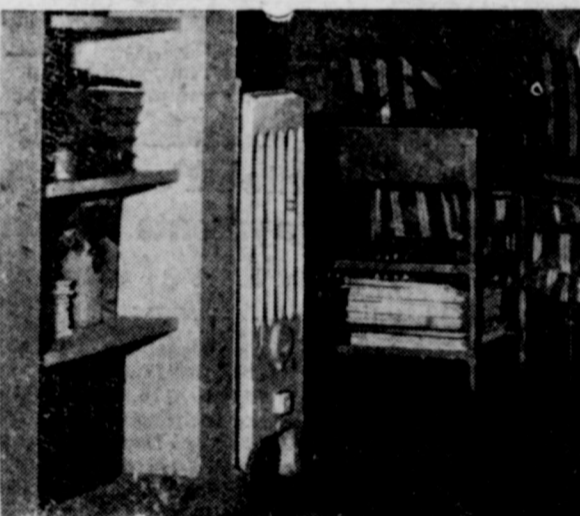
"Texas home owners," Hall continued, have recently earned an annual saving on fire insurance in excess of two and a half million dollars because they have successfully prevented fires. In order to retain the saving already earned there must be no relaxation in preventing fires."

Someone has said that we must make men over in order to save civilization. Some wives have been working at this for a long time.



"Can I Gas-steam without it"

Yes, if you need it



Steam Heat Without a Basement
Imagine the pleasure of steam heat on a small investment. These Radiators make their own thrifty steam, and you may have them vented or unvented.

Also Floor Furnaces, Circulators, Radiant Heaters

If you positively need them you can buy them now

Of course we're going to be short on heaters! We've got to stop the enemy, and it takes that metal for ships and planes. But you can buy right now from the heater stock on hand, for those houses that have no heating at present. (Also, you can buy a Gas Range, if you haven't one). *Down Payment, Monthly Terms.*

Get ready for a war-time winter, with a house that's healthfully warm. Have you been wanting modern built-in heaters? ... Floor Furnaces, Gas-steam Radiators, or Circulators? They were built to last for many years; they add definitely to the sale value of a place; and when you have a vented firebox, it means no sweating walls. With your cheap Natural Gas, the operating cost is especially economical. Simple installation, in houses old or new.

COMMUNITY Natural Gas Co.
LONE STAR GAS SYSTEM

SCREEN ACTRESS

HORIZONTAL
1,5 Pictured screen actress.
12 Impel.
14 Eskimo boat.
16 Symbol for tellurium.
18 Nearest to.
20 Tinkle.
21 Accomplish.
22 Upper limb.
24 Miser.
25 Dove's call.
26 Tumult.
28 Grain.
29 Artless.
31 Substance.
32 Government issue (abbr.).
33 Symbol for gold.
34 Solace.
37 Chew upon.
40 Withered.
41 Elm.
43 Existence.
44 Manager.
49 Ill-bred fellow.

Answer to Previous Puzzle
17 Ireland.
19 Teachers' Guild (abbr.).
21 Skiff.
23 Ostrich-like bird.
25 Fish.
27 Animal.
28 Enumerate.
30 Compete.
31 Sack.
34 Penny.
35 Possesses.
36 Kneepan.
38 Part of circle.
39 Put on.
40 Oceans.
42 Redact.
44 Group.
45 Paradise.
46 Any.
47 Line.
48 Fall in drops.
51 Loiter.
54 Laughter sound.
55 Size of shot.
57 Negative.
58 Doctor (abbr.).

VERTICAL
2 Print measure.
6 No (Latin).
13 Banish.
15 Quickly.

Crossword puzzle grid with a small portrait of a woman in the center.

OUT OUR WAY

WILLIAMS



THE DOOR JAM C. 1942 BY NEA SERVICE, INC. T. M. REG. U. S. PAT. OFF. 8-12

Hob Nails Are Out As Army Issues Soldiers Better And Lighter Shoes

By ROBERT HALL United Press Staff Correspondent BOSTON, (UP)—In World War II, Johnny Doughboy is going to march to victory in shoes that fit. Officials at the Boston Quartermaster Depot, where all shoes for the U. S. Army are purchased, made that plain today in disclosing the improvements in fighting footwear between World War I and the current conflict.

Back in '17, a lot of Uncle Sam's soldiers were certain that shoes came in only two sizes—too big or too small. But all that is

changed Today, regular service shoes range in size from 5A to 12 EE, and there's a la carte service for men with feet outside this range. Pvt. Leo Gulczewski of Buffalo, N. Y., for example, required size 16C.

Hob-nailed boots no longer burden the feet of American soldiers. Today's warfare, with accent on mechanization, sounded the death knell for that type, for now soldiers constantly come in contact with tanks, trucks and mobile artillery. Hob nails provided slippery footing on such vehicles.

BY PETER EDSON NEA Service Washington Correspondent

NATION'S use of fuel for 1,400,000 oil-burning home furnaces in 17 eastern seaboard states is the nasty prospect for the coming winter.

If that is strong language and it scares a lot of these 1,400,000 oil-burning home owners into converting their furnaces to coal, well and good, that's the purpose.

Nobody in government wants to ration fuel oil. It is a headache of only slightly less migraine severity than the headache of gasoline or sugar rationing programs. But the way things are heading now, fuel oil rationing seems inevitable.

It is due to two circumstances. First, to a conflict of authority and responsibility among the various government agencies responsible for making the necessary decisions to increase and conserve the supply. Second, to the colossal dumbness of the people in the threatened area, who have lazily refused to do anything at all to protect themselves against this shortage, in spite of repeated warnings.

For months the Office of Petroleum Co-ordinator, the Office of Price Administration and its divisions of Civilian Supply and Rationing, the Office of Defense Transportation, the War Production Board, and the Department of Commerce have warned of this impending shortage and advised the people living in houses heated by fuel oil to convert their units to coal burning where that was possible. Furthermore, the Office of the Solid Fuels Co-ordinator has been staging a campaign all spring and summer, urging people to put in their coal now so there would be no trouble about getting it in the fall and winter. And on top of all this, there has been the actual gasoline shortage, stuck like a boil on the nose, to warn everyone that this fuel oil shortage was real and no phony.

IN spite of all this, the reaction of that portion of the public which should have been concerned has been an amazing hookworm indifference. The customary attitude has been, "Oh, let the other fellow convert." People who have found the conversion back to coal might cost from \$50 to \$75 have refused to make the expenditure, apparently waiting for a government subsidy. Some have been unable to get grates to reinstall in furnaces that formerly burned coal.

Best guesses are that only about 2 per cent of 28,000 of the 1,400,000 oil burners in the eastern states have actually been converted to coal. The average oil-burning home furnace consumes about 2000 gallons, or approximately 50 barrels of fuel oil a year. That figures out to 70 million barrels to supply these eastern states in an average winter. At most, 60 per cent of this quantity now seems available. If fuel oil rationing comes, therefore, the average home owner affected must expect to get only about 60 per cent of his usual 2000 gallons, or 1200 gallons.

If that doesn't scare 'em, what will? In peacetime, it took 1.5 million barrels of all petroleum products per day to keep this eastern area going. By gas rationing, consumption has been cut down to 1 million barrels a day—a wonderful saving. But petroleum products coming into this area now by occasional tanker, by tank car, tank truck, barge and pipeline total only from 600,000 to 800,000 barrels a day. In other words, the east is using up its reserves at the rate of from 200,000 to 400,000 barrels a day.

It doesn't take a dollar-a-year man or a government economist to tell you that you can't keep the kiddies warm this winter if that goes on very long.

Decision on fuel oil rationing must come first from W.P.B. The rationing division of O.P.A. does not want to ration fuel oil, but has made its preliminary studies and will be prepared to put in a fuel oil rationing program on schedule, even if it means reducing the existing four-gallon "A" gasoline ration to three gallons.

Anyway you look at it, it's going to be a cold winter.

Although similar in cut and pattern to the Pershing "boot" of the last war, today's service shoe is lighter and better appearing than its predecessor. A composition rubber and carbon tap replaced the hob-nailed sole and rubber heels replaced the ironing-rod heel.

At all army posts today a new military command can be heard—"Fall in for shoe inspection." Two-fold in its purpose, the inspection is intended to prevent possible foot injuries and to prolong the life of shoes through economical repair in shops maintained by the quartermaster corps. The Women's Army Auxiliary Corps has not been left out of the foot picture. For the off-duty comfort of the WAAC's, an initial contract for 2,200 pairs of slippers will be the boudoir style or every day carpet slippers.

A comprehensive study by shoe men showed shoes issued to the average American soldier of World War II are a half-size to a full size larger than those worn by the men of World War I. The general trend towards larger shoes for both men and women and better Army fitting tests were given by shoe men as reasons for the increase. Uncle Sam's modern day fighting men does not necessarily have bigger feet than members of the 1917 A. E. F. He does, however, wear shoes that fit.

Along with the regulation type "Two" service shoe, three new major types of footwear have made their appearance in the soldier's "wardrobe." Unknown to soldiers of the last war are the ski boots issued to ski troops; "parachute boots" especially designed for parachute battalions and the "cold climate boots" that are regular equipment for Uncle Sam's soldiers slated for service in regions where the temperatures are low.

Simplified Sugar Certificate Issued

DALLAS, Tex.—A simplified system of issuing sugar purchase certificates to industrial users who make numerous deliveries to certain exempt government agencies has been announced by O.P.A. in Amendment 7 to Rationing Order 3.

Instead of requiring an industrial user to present receipts of each delivery made, local war price and rationing boards may accept other evidence of the deliveries. O.P.A. suggested to local boards that they accept statements of certified public accountants not affiliated with the applicant's company in lieu of receipts.

Most of us like the letter "b"—in debt, when there's really no need for it.



LIEUT. WANG CHUNG ONE OF HANGING CHINA'S BOHEMIAN TRAINING FOR A DESIGN ENGAGEMENT WITH THE JAPS. THEY ARE TRAINING WITH THE THEE AIR FORCE

The Payoff

BY H. G. SALSINGER Sports Editor, The Detroit News

DETROIT—By the end of July practically every major league club already had played two-thirds of its games, leaving something like 50 for the last eight weeks of the season and, because of the passion for double-headers that the owners have developed this year, guaranteeing a large number of playless afternoons. Major league schedules, a badly scrambled mess to begin with, have been made constantly more perplexing. In the prosperous years games were played in the afternoon, single games starting at 3 o'clock and the infrequent double-headers getting under way at 1:30, but this year you never know when games will start. There are twilight games, twilight double-headers, half-day and half-night games, and night games.

THIS constant change in starting time has alienated many old customers. In a much shorter time than any owner realizes, the man whom he has counted among his steady customers, gets tired of trying to follow the jumbled time table. He loses interest and once he gets out of the habit of attending games it may be a long while before he starts going again. Organized baseball was developed by newspaper publicity. By constantly changing the time table and shuffling the schedule, the club owners have destroyed much of the publicity they have been getting year after year. Few newspapers today publish box scores of all major league games. Newspapers in the east nearly all go to press before the night games in the west are finished and refuse to go to the considerable expense of making over their pages to include what in these times is an inconsequential item.

With the exception of one or two clubs (the New York Yankees, whose receipts are the highest in baseball, are a notable example) the major league owners have this year destroyed a long-established illusion that baseball is purely a sport. CLUB owners, as a whole, are a short-sighted lot of fellows. Their stupidity is often appalling. Their hysterical efforts to make money this year is ruining the game for the future. It may be that most of the franchise holders, if not all of them, have a well-developed hunch that baseball will have to be abandoned at the close of this season until after the war, and therefore they are out to get the last dime before the curtain falls.

Harry Grayson, NEA Service Sports Editor, is on vacation. In his absence, noted sports authorities will contribute to his column.

BANNERS FLYING

BY MARY RAYMOND

THE cotton twins, comes down from her first solo flight to find Christie in love with Bart, a medical student and air enthusiast. It had been a long time since she had seen Bart, and she was surprised to find him so different. He had a new haircut, a new suit, and a new car. He was now a pilot, and he was flying solo. Christie was surprised to find that Bart had not changed much. He was still the same old Bart, the same old friend. She was glad to see him, and she was glad to hear that he was flying solo. She was glad to see that Bart was still the same old Bart, the same old friend.

COMPETITION ARRIVES

CHAPTER II

CHRISTIE, in Bart's arms, whirled past her mother and Miss Sarah Lancaster. She gave them her most heart-warming smile, because she felt sorry for them both—sitting there against the wall. For her mother, still pretty at 42, her romantic girlhood so far in the background... and for Miss Lancaster, who had never had any romance at all. "Gosh, what a dull evening," Tommy had cut in. "I think it's rather nice, myself," Christie answered. "Why the sweet brotherly attention?" "Well, to be honest, I need a little extra money—all you have in your evening bag." "Tommy are you always broke? Anyway, everything's free. A lobster plate, I'm hearing." "The perfect Family Tone," Tommy laughed. "Let's switch to something pleasant. And I do mean pleasant. There's a girl here—well, nothing quite like her has ever set foot in this town before. She came in late with the Robb Nortons. She and I are going to slip out at intermission. I promised to show her our most spectacular night spot. She's really keen about it."

Could she be the same girl Bart had been talking about? Of course she was! "She looks pretty social," Bart had said.

The next moment, Bart had cut in again.

Suddenly, the music stopped abruptly. Then as quickly swung into "God Bless America."

"Good tune," Bart said, as the dancing stopped. They were standing now by the arch which separated the ballroom from the enclosed porch. Tommy and a girl were dancing on the dimly-lighted porch. They danced past Christie and Bart and into the ballroom; and as though completely unaware of the sensation they were causing, double-stepped the martial rhythm with perfect timing.

THE girl wore a bright red frock, with a huge skirt that emphasized her slim waist. Her eyes were enormous and velvety black.

"Tommy's a fool," Bart said. "If this had been Europe, he would have been rushed off by the military police. He's pretty lucky he lives in America."

"Tommy!" Christie echoed indignantly, "what about that girl? She should have brought some respect for this country when she came from Europe!"

Bart spoke slowly, "I think it's rather unfair to judge a person so quickly."

Christie's anger fell from her. "Perhaps it is," she said in a low tone. She had realized that not all her anger was directed against the new girl because of the exhibition. She disliked her because she was beautiful and dangerous—because Bart obviously didn't dislike her. Now, she was beating a retreat because Bart might be forced into open championship of the other girl.

"It's just that everybody was looking at Tommy's though he was a traitor," Christie said. Her voice trembled a little.

"Oh, now look here. Aren't you getting a little hysterical about the whole thing? Nobody is going to spoil this evening for me. Sit this out with me, Christie. I've something to tell you."

Christie's personal sky was swept clear of storm clouds. She thought, as Bart piloted her toward the Palm Room: "It's silly



"I'm glad I met you," Sandra said. "I wanted to see what you were like." "I hope I haven't disappointed you," Christie said sweetly.

to be this much in love." A look from Bart could lift her up or drop her down. Right now she was on top of the world. Bart had something to tell her! They had

reached the dim, secluded Palm Room; and Bart had caught her close to him.

"Christie, I had it all planned out—to ask you to marry me. Dr. Atwell wants me to come in with him, as soon as I finish my internship."

"Dr. Atwell," Christie breathed, Chief surgeon at the near-by Lakeville hospital, head of his clinic, and one of the famous men in his field.

"Yes," Bart's voice was low and tense. "But I can't do it, Christie. This war business has got me. I'm going to get in there and pitch."

"I'll wait," Christie whispered. "Oh, darling—it might be a long time. But you will stand by Christie?"

"You know I will."

He kissed her again, and then released her. A low, amused laugh had startled them.

"Hello, soldier."

SANDRA RYDALL had come close to them. She was nearer Christie, but her eyes were on Bart.

"Hello," Bart said, a d d in g. "Christie, this is Sandra Rydall." He turned to Christie: "Shall we tell her?"

"Why not?" Christie thought, happily. It would be just as well to know how things stood.

"I'm the seventh daughter of a seventh son," Sandra said lightly. "That makes me know things without being told. Besides I was only two feet away when you sprang the big news."

"Oh," Christie's face burned. The girl was bold, shameless.

"But it wasn't news to me," Sandra continued carelessly. "You see he had told me before. You're still strong for the Air Corps, I guess."

Christie's shocked surprise was succeeded by pure fury. If she spoke now, she would certainly betray her indignation and contempt for this girl and her cheap tactics. She did not speak, waiting for Bart to put the stranger in her place.

But Bart was smiling. He had

lighted a cigaret and the brief glow showed the amused gleam in his eyes.

"You evidently think I don't know my mind."

"People change them," Sandra said slowly.

"Well, it's still the Air Corps with me," Bart answered. He added, "and I don't change my mind."

Tommy had come up. "Hello," he greeted them. "Where did I lose you, Sandra? One minute you were standing by me and the next you were the little girl who wasn't there. You haven't forgotten we are leaving at intermission?"

"I only forget things I don't want to remember," Sandra replied. She turned to Christie. "I'm glad I met you," she said. "I wanted to see what you were like."

"I hope I haven't disappointed you," Christie said sweetly.

"Not at all," the other girl answered. "I think I knew exactly what you would be like." Only her smile robbed the words of malice, and Christie had the feeling that the smile was for Bart's benefit.

She waited until Sandra and Tommy had left the room. Then, she turned to Bart. "She knew—about your plans for joining up. About me?"

"What's wrong with that?" Bart was looking at her in astonishment. "We were on the train several hours together. It was natural to discuss things we were interested in. She's a direct young person, and she asked if there was a girl at the end of the line. I said there was. Then, we got to talking about the war, and she found out it was the air end of it for me."

She could see that he was waiting, half-bewildered, for her reply. She must put this hurt back of her. Men didn't think about things the way women did.

"Does that clear things up?" Christie nodded. She loved him—the war, and her country's emergency—these were the big concerns.

She would not let Sandra or anyone or anything undermine her happiness. Only she hoped she wouldn't run into her again.

(To Be Continued)

ALLEY OPP



RED RYDER



FRECKLES AND HIS FRIENDS



HARMAN



HAMLIN



SANDOR



PERSONAL

Mrs. N. L. Smitham has returned from a two weeks visit with her daughter in Waco.

L. A. Horn, Jr. formerly of Eastland but now a resident of Waco where he is manager of the Singer Sewing Machine company, was here this week visiting relatives and friends.

Leo Hatton, son of Joe Hatton of Eastland, is now at an air force technical school at Scott Field, Illinois, where he is being given training to fit him for duty as a member of a fighting bomber crew.

Eastland Pastor Closes Revival

Rev. I. W. Justice, pastor of the Eastland Church of God, has returned from Big Springs where he has just closed a two week's revival meeting, which he stated, was one of the best meetings it has ever been my privilege to engage in.

The first week of the revival was broadcast over radio and record broke that church's attendance records. Forty-four persons were added to the church on profession of faith, Rev. Justice stated.

Rev. I. W. Justice To Leave Eastland

Rev. I. W. Justice, who has been pastor of the Eastland Church of God for the past several months, has resigned his position and will go to Kankakee, Illinois, where he will enter school.

Rev. Justice expects to leave within a few days, but will spend some time in revival work before entering college.

Sure, the boss has a snap; all he has to do is worry.

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FOR SALE—41 model G. E. 6-foot refrigerator, one "table-top" gas range nearly new, one oak bedroom suite, one living room suite, one sewing machine, and one electric washing machine. Am leaving town and will sell reasonable. Rev. I. W. Justice, 700 South Lamar st.

WANTED—To buy several typewriters of any standard make. See Mrs. Brogdon at Eastland Abstract—Southwestern Peanut Growers, Association.

FOR RENT, Newly decorated 9-room house; furnished \$25 per month or unfurnished \$20 per month. 607 South Daugherty St. Inquire 401 South Mulberry St.

Victory Business College, the year round school. Bring this ad by Aug. 12th, make full scholarship payment and receive all text books free. Victory Business College, over Corner Drug Store, Eastland, Texas.

FOR RENT—3-room furnished apartment. Electrolux. Private bath and garage. 710 W. Patterson.

FOR RENT—6 room house, basement, double garage. 1308 South Lamar. Phone 546-W, or call at 410 S. Lamar.

Borrow on your car or other chattel security. Existing loans refinanced

113 So. Mulberry — Phone 90 FRANK LOVETT

FOR RENT—7-room house, one block from high school and grade school. Inquire Root Barbecue Pit

FOR RENT—6-room house hardwood floors at 209 N. Dixie. \$15.

Further Safeguard Your Property

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Pie Face



An expert in his own right, 8-year-old Tommy Reilly proves to be an appreciative judge in New York pie baking contest.

Defense Town Study Is Made By University

AUSTIN, Tex. —What happens to a small town and its people when, almost over night, the village becomes a city?

The question is at least partially answered by a study made of a defense boom town by the department of sociology at the University of Texas. Under the direction of Dr. Harry Moore, professor of sociology, a study has been made of Bastrop during the period of construction in Camp Swift, vast new army base in Central Texas.

"The friendly spirit of a town where everybody knew everybody else is inevitably lost," reports Harold Garfinkel, research assistant. "Local customers, for instance, seemed to realize for the first time that their friends, the merchants, were in business to make money."

Long-time residents of Bastrop, were in the habit of dropping into a store, talking to the merchant for a while, and then perhaps walking out without buying anything. With a "boom" on merchants were too busy for talk during working hours.

The major change, then, so far as the people were concerned, was a growing trend toward impersonal relations. Garfinkel declared. The social life of the town, once a very important thing, was neglected. Bridge parties, teas, and other functions were almost forgotten. For Bastrop housewives were too busy. They were turning their spare time over to boarders and many of them were doing all their own housework, because domestic help had flocked to the camp, where wages were higher.

"There was little contact between the old residents of Bastrop and the transient construction workers," Garfinkel said. "The transients were there to do a job, and they had no interest outside that job. They took little or no part in church activities, and none whatever in civic affairs."

Mail from outside was an obsession with the construction workers, the sociologist found. The postmaster reported that they stood in line before the window opened, and rapped on the doors after the office was closed. They waited for an hour or longer for mail they didn't have, and called for it between trains.

"Now that the construction workers are gone, it still seems unlikely that Bastrop can in every way revert to its former free-and-easy, leisurely pace," Garfinkel said.

Helps 500 Men, Once Rejected To Enter Service

DETROIT, AUG. 11 (UP)—More than 500 soldiers are now serving in the Army and Marine Corps because one man's war effort made it possible for them to pass their physical examinations after failing the first time.

This service by which applicants rejected for minor defects are rehabilitated for the armed services, was started in November, 1941 by William H. Malloy, child welfare chairman of American Legion Post No. 327.

Malloy obtained the idea for his rehabilitation service when he read

Canada's Farmers Winning Food Production Battle To Feed United Nations Despite Wartime Problems

ONE of the vital divisions of Canada's war efforts is the production and shipment of agricultural products. When England's continental food sources were invaded, Canada became its nearest source of food supply. To meet the expanded demand, the Dominion has achieved an output described as "little short of miraculous."

Tremendous shipments of poultry and dairy products are current; in the year ending March 31, 1942, 115 million pounds of cheese and during the Spring months 23 million eggs were produced for shipment to England. These quantities represent a large percentage more than that contracted for.

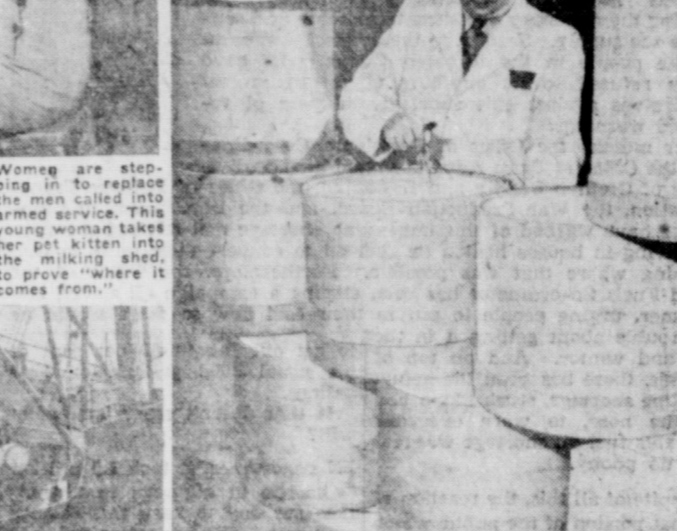
As well as foods, there has been substantial advance in the output of fibre flax, grains and other field crops. All of this would have been exceptional under normal circumstances, but with a diminishing of manpower on the farms it is an outstanding achievement.



Swiftest growing farm industry in Canada is the production of dried eggs. These Grade A eggs are ready for the breaking room. Three dozen eggs make one pound of powder, retaining all the food value of fresh eggs.



"Let's get on with this war!" demands this barbed rock chick, left. By Fall she will be doing her part to feed the Allied Nations.



By grading, by Government inspectors, every pound of Canadian chicken cheese shipped to England is known to be up to standard.



Women are stepping in to replace the men called into armed service. This young woman takes her part, wading into the milking shed, to prove "where it comes from."

Convoys, left, daily defy Nazi submarines to carry food to the people of Britain and the Canadian armed forces overseas. The amount of food shipped testifies to the vast efforts of the Canadian farmer in this food production battle.

newspaper stories that there were no such facilities available for men who had been turned down.

Recruiting offices promised to send him men who had been rejected for the services. Malloy arranged to have them treated, if they were without funds, at city and community fund agencies.

Doctors and dentists who were

members of the Legion volunteered their services, and other agencies furnished dental work and glasses at cost.

The only thing Malloy wants for his work is more of it.

"I'd like more doctors and dentists to volunteer their help," he said.

Among the principal species of trees planted in Northwest Texas are the Chinese and American Elm, cottonwood, honey and black locust, walnut, soapberry, green ash, bois d'arc, hackberry, ailanthus, mulberry, apricot, Russian olive, plum, sycamore and flowering willow.

That Extra Something!

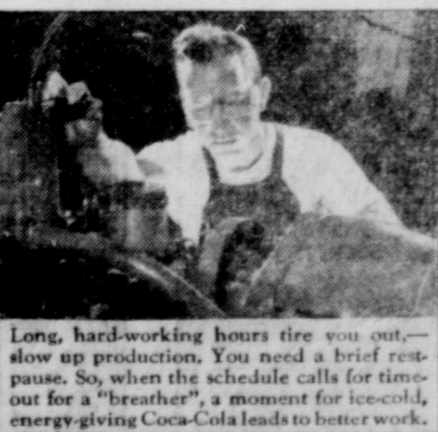
...You can spot it every time

SKILLED workers have "know-how". So have the makers of Coca-Cola. That's why Coca-Cola has that extra something. Almost anybody can make a soft drink, but nobody else can make Coca-Cola.

There's a finished art in its making which gives Coca-Cola a special quality... its unique taste comes from a blend of pure, wholesome essences,—refreshment that can't be copied.

No other drink gives this special plus... this unique taste and after-sense of refreshment. People have come to realize that nothing takes the place of Coca-Cola. To want refreshment is to think of ice-cold Coca-Cola. Contentment comes when you connect with a Coke.

Warlike limits the supply of Coca-Cola. Those times when you cannot get it, remember: Coca-Cola, being first choice, is the first to go. Ask for it each time. No matter how short the supply, the quality of Coca-Cola will not be changed in any respect.



Long, hard-working hours tire you out,—slow up production. You need a brief respite. So, when the schedule calls for time-out for a "breather", a moment for ice-cold, energy-giving Coca-Cola leads to better work.



The best is always the better buy!

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Just by KEEPING WELL You can help win this war!



News from home that all are well and working hard is what our soldiers want most to hear!

FOLLOW THESE 5 RULES

Memorize these five keys to good health. Follow them carefully—for your own welfare and for victory.



- 1. Eat right**
Milk, butter, eggs, fish, meat, cheese, beans and peas, fruit, green leafy vegetables and the yellow ones, whole-grain or enriched cereals and bread—these are the key foods. Eat plenty of them. And eat 3 meals a day!
- 2. Get your rest**
Regularity counts most. You can't catch up on lost sleep or missed relaxation! Try to keep on a regular schedule every day. Take it easy for a little while after lunch and dinner. Go to bed on time, get up on time.
- 3. See your doctor once a year**
You have your car checked and serviced every thousand miles. Do as much for your body. Physicians can prevent many diseases and illnesses for both children and grownups nowadays. Give your doctor a chance now, BEFORE you get sick. Go to see him!
- 4. Keep clean**
Plenty of baths, lots of soap. Clean hands, clothes, houses, beds! Get fresh air, sunshine. Drink lots of water.
- 5. "Play" some each day**
Romp with the family, visit with friends, take walks, play games—or do whatever you like to give your mind and body a change from the daily grind on the job. "All work and no play makes Jack a dull boy."

What can one person—at home—do to help win the war? Just do your level best to stay well, to keep from being sick and losing time or spreading your illness.



By the end of this year 35,000 nurses and 40,000 physicians and dentists will be away at war. That is nearly one-third of America's total medical force! And so, for our own sakes we should save our remaining doctors' time for serious and unavoidable sickness and accident.

It's EASY to keep well

Keeping well today isn't as hard as it used to be. Just follow a few simple rules and you have a fine chance to escape most kinds of sickness!

And it is terribly important—to you, to your family and to the whole nation right now. Read how important DR. THOMAS PARRAN, Surgeon General of the U. S. Public Health Service, says it is for you to keep well:

"Each individual can contribute to his own health protection and improvement by adopting a few simple ways of healthful living. Each of us must accept this responsibility and stick to it with firm purpose. The total of individual responsibility for personal health, accepted by millions of American men and women, will make an incalculable contribution to victory."

Read the rules in the next column. Follow them. If you do, you will be helping to win the war.

Life insurance has provided the means to keep millions of Americans in health and security. This message is one way life insurance companies believe they can help you to help win this war. Institute of Life Insurance, 60 East 42nd Street, New York City.

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