

THE HEDLEY INFORMER

VOL XXVIII

HEDLEY, DONLEY COUNTY, TEXAS AUGUST 12, 1938

NO. 40

EXTRA FOOD VALUES FRIDAY-SATURDAY

Flour, Far Better 48 lb. 98c	Gallon Fruit Prunes, 3 for \$1.00
Meal, 20 lb. 47c	Peaches 39c
Coffee, Break o' Morn, 2 lb. 35c	Apricots 45c
Sugar, 25 lb. \$1 33	Blackberries 45c
	Pineapple 69c
Pickles, sour, gal. 53c	Sunbrite Cleanser 5c
Qt. jar 15c	Borax, 7 for 25c
Sweet 23c	Super Suds, large 21c
Salad Dressing, qt. 25c	Toilet Tissue, roll 5c
	Dry Salt Bacon, lb. 18c
Syrup, Steamboat gal. 59c 1-2 gal 33c	Cut Macaroni 7 for 25c
Peaches, 10 lb. \$1 05	Oatmeal, 3 lb. 18c
Apricots \$1 19	Jersey Corn Flakes, 2 for 17c
Dry Salt Jowls, lb. 13c	

Market Specials	
Steak, forequarter, lb.	15c
Steak, choice cuts, lb.	25c
Roast, rib, 2 lb.	25c
Cheese, full cream, lb.	19c
Lunch Meats, lb.	24c
Sliced Bacon, lean, lb.	28c
Oleomargarine, lb.	15c

We have what you want to buy;
we buy what you have to sell.

Harry Burden
Help-Yourself Grocery
Let's Pay as We Go
PHONE 15

Clarendon Abstract Co.

Abstracts of title to any lands in Donley County

C. C. Powell, Owner
Clarendon, Texas

Special Offer

For a Limited Time

A \$3.00 Enlarged Technitone Hand Colored Portrait in
Leatherette Frame for only 39 cents.

The Technitone Portraits can be Reproduced from any
Photo, Clear Kodak or Penny Picture.

Come in and let us tell you how to secure one.

Wilson Drug Co.

Where You Are Always Welcome
PHONE 63

Old Settlers' Picnic

Don't forget the picnic on Aug 19. The program has not been completed, but Cal Farley and his entertainers will be here and the committee hopes to have Congressman Marvin Jones for the principal speaker.

Everyone is urged to be sure and bring well filled lunch baskets. The committee states that each year many come to the picnic without bringing lunch. They want all old settlers and their families to attend, but be sure to bring a lunch with you, so that there will be enough for everyone.

School to Open Aug. 29

The Hedley schools will open this year on Aug 29, according to an announcement by Supt W. J. Payne

Will Rogers Celebration

The completion of Highway 66 between Chicago and Los Angeles will be celebrated August 15 16 and 17 at Amarillo. A pageant, "Old Southwest Days," will be presented each night at 8:45 at Batler Field. The pageant will include the life of Will Rogers, in whose honor the road has been named, and contains many exciting episodes, including Indian attacks on covered wagon trains, a Spanish fiesta, buffalo hunting, the Ziegfeld Follies of 1916 and many other thrilling scenes.

Admission is 50c and tickets are on sale locally at the Hedley Drug Co.

Several new pieces of prints at Hooker's

Church of the Nazarene

The Nazarene meeting closed Sunday after a successful series of services conducted by Rev. Leona Forbes. Rev. Forbes brought some wonderful messages, resulting in several conversions, and the church feels greatly benefited by her work.

Rev. W. Hickman led the song services, and Miss Loveta Ludlum of Amarillo was pianist for the meeting.

W. M. Gerlach Dies

Funeral services for W. M. Gerlach, prominent Memphian, were held Thursday at the Methodist Church there. Mr. Gerlach died Tuesday night of a heart attack. He was 68 years of age.

He was the father in law of Mrs. Carl Gerlach, a former Hedleyan.

Olen Bailey was "suffering with comfort" Tuesday, all on account of it being his birthday. Mrs. Bailey prepared a sumptuous dinner of fried chicken, ice cream, cake, etc.

Culwell-Urdaneta

Mr. and Mrs. G. R. Culwell announce the marriage of their son, Edgar to Miss Laura Urdaneta of Amarillo. The ceremony took place in Clovis, N. Mex., last November. The bride is the daughter of Mr. and Mrs. Urdaneta of Venezuela. Mr. Culwell is employed with the Amarillo Hardware Co.

Oil News

The Robinson Jones, Nellie Kuteman No 1 well south of town reached 2830 feet Wednesday morning. Gas showings had previously been reached, at 2160 and 2670 feet.

Three drilling crews are working 8 hours each, six men in each crew, and are drilling about 75 feet an hour. The well will be drilled to a depth of 4500 feet if oil is not found in quantities before that depth. Formations are running about 200 feet higher than previous Donley county tests.

Drilling was expected to shut down Wednesday to set casing.

Ladies get your sun hat at Hooker's

Work on Cemetery

A large number engaged in the work on the cemetery Wednesday, and its appearance is much improved. However, much work remains to be done, and it is hoped that another cemetery clean up day can be held soon.

METHODIST CHURCH

Church School, 9:45 A. M.
Preaching, 11 A. M., 8:30 P. M.
Missionary Societies
Circle 1, Monday 8 p. m. Circle 2, 8:00 p. m.

Prayer meeting Wednesday at 8:00

B. J. Osborn, Pastor

The Revival at the Methodist Church began last Sunday morning. The first service held outdoors was Sunday night. There was a good attendance, and the interest seems to be fine. The pastor, Bro. Osborn, preached at each service Sunday. Rev. D. D. Denison, who is to do the preaching during the meeting, came for the service Monday evening. His wife is in charge of the song service, and work with young people and children. There was a fine attendance Monday night, and there is prospect of an increased attendance as the meeting progresses. The Methodists and Baptists united in preparing a place between the two churches for the services, and it is proving to be ideal. The Baptist will begin the day the Methodist closes, which will be practically one meeting; just a change of preachers. Every body is invited to cooperate, and make it indeed a great revival. Everybody should make a special effort to attend all the services, especially a special effort to attend the day services. It is expected that next Sunday will be a great day in Hedley. Let everybody do their part, and take a special interest.

HEDLEY SINGERS

Hedley singing class will meet at the West Baptist Church next Sunday, July 14, at 2:30. All who are at all interested in the singing of Gospel music are urged to be present. Don't fail to be on hand.

Lost—between Hedley and Quail, two 22 x 6 truck tires. Reasonable reward. Finder return to Informer office.

Hooker's have a nice assortment of popular priced towels.

Rev. V. A. Hansard is conducting a revival at Pleasant Hill this week.

Specials for the Next Week

For CASH Only and Only CASH

Soap chips, 5 lb box 37c	Cocoa, 2 lb 19c
Peas, 2 No. 2 cans 25c	Corn, No. 2 can 8c
Soap, Crystal White or P & G, 6 for	25c
Marco Bran	10c
Salad Dressing or Spread, quart	25c
Pickles, sweet, qt. 19c	Sour, qt. 15c
Coffee, Bright and Early, 3 lb with bowl	64c
Kitchen Towels, 2 rolls with rack	45c
Jello, pkg. 5c	Powdered Sugar, 3 for 24c
Raisins, 4 lb pkg. 33c	2 lb 19c
PenJel, 2 pkg. 25c	Ovaltine, 6 oz. 38c
Water Mops, each 23c	0-cedar Oil Mops, each 64c
Wesson Oil, can 24c	Gelatine, pkg. 20c
Tapioca, pkg. 13c	Catsup, 14 oz. 14c
Starch, large pkg. 24c	Extract, 8 oz. 10c
Meal, cream, 20 lb 44c	10 lb 27c
Laundrex Bleach, pt. bottle	10c
Peaches, gal. 50c	No. 1 can 9c
Apples, gal. 49c	Pears, gal. 55c

Other bargains too numerous to mention

We buy cream at highest market price

B. & H. Grocery Co.

PHONE 21

800 Men and Women

Selected their bank wisely. They chose this institution because it is a safe place to keep their money, because the officers are friendly and easy to talk to, because it's a pleasant and handy place to do business.

We invite you to join this group of friends who know and appreciate

GOOD BANK SERVICE

Security State Bank
HEDLEY, TEXAS

Member Federal Deposit Insurance Corp.

Dust

Likes Cops

Shorts for Colonel

Lloyd Antiquities

By Virginia Vale

It is reported that Norma Shearer, having won the coveted role of "Scarlett O'Hara" in "Gone With the Wind," now wants the story changed. It's said that she feels that the heroine's character, in the last half of the book, is unsympathetic.

To do this would be to ruin the character and spoil the story, of course—and the result would be that thousands of motion picture fans who liked the book and have taken real interest in the casting of the picture would be furious.

During Shirley Temple's recent visit in New York her mother actually dared leave her for a little while. Shirley was at the office of a national magazine, and her mother was in a smart department store, doing a bit of shopping.



SHIRLEY TEMPLE

She said that she almost never left Shirley, but that she felt that it was all right to do so just then—"The policemen assigned to her are such nice men," said she, "and Shirley is so fond of them."

Just in case you've wondered what has happened to Colonel Stoopnagle, formerly of "Stoopnagle and Bud," he's making movies. They are shorts, and he's doing it near his Connecticut home, for Educational. The finished product will be issued as "Colonel Stoopnagle's Cavalcade of Stuff."

Dorothy Lamour spent part of her vacation with her husband, Herbie Kay, at the resort near Houston, Texas, where he was appearing with his orchestra. She appeared with the orchestra one evening and sang two numbers; she also announced that she'd like to be back, singing with the band, but that he wouldn't give her her old job again. And all she wanted was \$50 a week and expenses.

She also visited Galveston—her career began there six years ago, when she was "Miss New Orleans" in a bathing beauty contest.

Harold Lloyd has bought the negatives of 114 of his early pictures from Pathé.

Partly for sentimental reasons, partly because some of those early pictures of his, at which we all shouted with laughter, contain gags that can be used again. Watch for his new one, just released—"Professor Beware." There may be some of the ancient laugh-jerkers in it.

Al Roth, NBC musical director, ran into a lot of surprises and several shocks when he began tracing nursery rhymes for his proposed "Children's Symphony."

Most of today's simple little songs for children were originally hilarious drinking songs!

ODDS AND ENDS—When Eddie Cantor sailed for Europe he took along a supply of sturgeon from a New York delicatessen store, just to be sure of having the kind he likes best. . . . Seven men and women, doubles for famous movie stars of Hollywood, sailed for England the other day to make a picture there. . . . Walter Cameron, who played the sheriff in "The Great Train Robbery," in film-dom's early days, will be seen in "Made for Each Other" . . . It's reported that Simone Simon's contract won't be renewed when it expires about September first. . . . George Bancroft recently celebrated his 25th year in the movies. . . . Midge Evans, yearning for experience on the stage, is appearing at one of the little summer theaters near New York. . . . Jane Pickens, for the same reason, is doing the same thing in Massachusetts. . . . In "My Bill" you'll see Kay Francis in a new role—that of the mother of four children, wearing simple frocks instead of gorgeous ones, and giving as good a performance as if she were just beginning on a new contract, instead of winding up an old one.

© Western Newspaper Union

Fun for the Whole Family

THE FEATHERHEADS

By Osborne



I JUST KNOW FELIX WILL COME BOUNCING IN ABOUT TWO A.M. BUT I CAN'T STAY AWAKE ANY LONGER.



I'LL SET THIS ALARM AND HE WON'T GET TO BED WITHOUT ME TELLING HIM A THING OR TWO!



WHAT LUCK! ONE O'CLOCK AND FANNY'S NOT UP! NOW QUIETLY TO BED—



SAY! WHAT'S THE IDEA OF WAKING UP A GUY AT THIS TIME O'NIGHT?

Up's QUACK

A MAN WHO WEARS HIS PANTS IN HIS HOSE OFTEN HAS AN APRON ON OVER THEM

S'MATTER POP—Pop, He's in a Fix!

By C. M. PAYNE



POP! LOOK AT YER SOCKS!



AH, YES, I HAVE AN ODD ONE ON I'LL CHANGE IT



HOW KIN YA? HOW DO YA KNOW WHICH ONE IS THE ODD ONE?



S'MATTER, POP?

YEAH, GOT ME A M-M-M?

MESCAL IKE

By S. L. HUNTLEY

They're Both Right



I DON'T BELIEVE HE DID, TOO!

BOYS! BOYS! DON'T FIGHT!



NOW WHAT'S ALL THE ARGUMENT ABOUT?

MISS SALLY, HE SAYS MULEY BATES' UNCLE, BUCKY, WAS WITH A MEDICINE SHOW SIX YEARS AGO.



AN I SAY DIDN'T NOBODY IN TH' BATES' FAMILY WORK THAT LONG!

WHAT DID MR. BATES DO?



HE DEMONSTRATED A INSOMNIA CURE!

FINNEY OF THE FORCE

By Ted O'Loughlin

Cutting Wit



HULLO, THERE, MISSUS SNOOP—AN' WHERE BE YER AKAPEIN' YERSILF LATELY?

OH—WHY—ER—GULP!



SO YEZ HAVE A NEW BYE FRIEND, EH? NOW C'MON AN' TILL ME TH' TROOTH—BE THAT SO?

WHY—YES, FINNEY, THAT'S SO



HMMMM! AN' THAT BE FOINE—BE YER NEW BYE FRIEND NEW BYE FRIEND VERY AMBITIOUS?

IS HE! I'LL SAY! WHY HE PUTS EVERY THING HE HAS INTO HIS WORK



—SO! HE MAKES HAMBURGERS, EH?

WORLD'S SUPER FINNEY

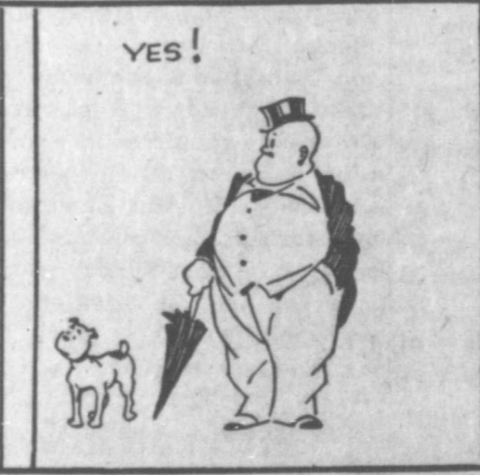
Says A WOISE CRACKER USUALLY EXPLODES WHIN HE BE PUT ON THE PAN

POP—Pop Underestimates the Heathens

By J. MILLAR WATT



DO YOU MEAN TO SAY YOU PUT A LEAD SLUG IN THE COLLECTION FOR THE HEATHEN?



YES!



—THEY CAN'T TELL THE DIFFERENCE!



COMING!

A colossal, cyclonic comic of circus life

BIG TOP

by Ed Wheelan

It's going to be one of the Greatest Shows on Earth! Watch for it in this newspaper!

CHANGING COLOR



"Isn't 'dun' a brown color?" "Yes." "And yet whenever I'm dunned I get blue."

AROUND THE BASES



Bug (in disgust)—We'll have to call the game on account of darkness by the time that snail player reaches base.

WISE CRACK

Johnny—Yah! A little bird told me the kind of lawyer your pa is! Tommy—Yeah? What'd the bird say? Johnny—Cheep, cheep! Tommy—Huh! Well, a duck told me what kind of a doctor your father is!—Washington Post.

Soon Over

Lily—So yo' done mortgaged our home? Mose—Jes' tem-rarily, honey, till de mortgage am foreclosed. Had Him Marked Mother—Don't cry, dear. Which one of the naughty boys hit you? Tommy—The one with the black eye.

REASSURANCE NEEDED

A Chinaman was worried by a vicious-looking dog. "Don't be afraid of him," said the owner. "You know the old proverb, 'A barking dog never bites.'" "Yes," said the Chinaman. "You know ploverb, and me know ploverb, but does the dog know ploverb?"

IRIUM—That's the Reason for Pepsodent Powder's Success!



Pepsodent alone of all tooth powders contains remarkable Irium! NOW you can see your faithful brushing properly rewarded by teeth that shine and sparkle with all their full natural beauty . . . thanks to Pepsodent Powder containing Irium! You see, proper brushing is only half the secret of teeth that glisten and gleam with all their natural brilliance. The other half is the right dentifrice. So do as millions are doing . . . brush your teeth twice a day with Pepsodent containing Irium. It contains NO BLEACH, NO GRIT, NO FUMIC. Buy Pepsodent Powder containing Irium TODAY!

THE HEDLEY INFORMER Political Announcements

PUBLISHED EVERY FRIDAY
 Mrs. Ed C. Bouyer, Owner
 Edward Boliver, Editor and
 Publisher

Entered as second class matter
 October 25, 1910, at the postoffice
 at Hedley, Texas, under the Act of
 March 3, 1879.

NOTICE—Any erroneous reflec-
 tion upon the character, standing or
 reputation of any person, firm or
 corporation which may appear in the
 columns of The Informer will be
 gladly corrected upon its being
 brought to the attention of the pub-
 lisher.

All obituaries, resolutions of respect,
 cards of thanks, advertising of church
 or society doings, when admis-
 sion is charged, will be treated as
 advertising and charged for accordingly.

HEDLEY LODGE NO. 991



A. F. and A. M.
 meets on the 2nd
 Thursday night
 in each month.

All members are urged to attend.
 Visitors are welcome.

Local R. S. W. M.
 C. E. Johnson, Sec.

Lump-Sum Payments

The Social Security Board is
 now making lump sum payments
 to wage earners in covered em-
 ployments who have reached age
 65, or to the estates or relatives
 of such workers who died before
 that age. The amount in each
 case represents 3 1/2 per cent of
 total wages, as defined in the
 Social Security Act, received by
 such a worker after 1936, and be-
 fore he reaches the age 65 or dies.
 Applications for these lump
 sums should be directed to the
 Social Security Board, 1012 Ol-
 iver Eske Building, Amarillo.

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Moreman --- Buntin

For Representative, Dist. 122:
 Eugene Worley
 (Reelection)

For District Attorney:
 John Deaver
 (Reelection)

For District Clerk:
 Walker Lane
 (Reelection)

For County Tax Assessor and
 Collector:
 J. W. (Jesse) Adamson
 Joe Bownds
 (Reelection)

For County Judge:
 R. Y. King

For Sheriff:
 Guy S. Pierce
 (Reelection)

For County Clerk:
 W. G. (Bill) Word
 (Reelection)

For County Treasurer:
 Mrs. Margaret V. Thompson
 (Reelection)

For County Commissioner, Prec.
 8:
 Claud Nash
 (Reelection)

McKnight Church of Christ

Preaching services each Sun-
 day at 8 p. m., except 3rd Sun-
 day service at 11 a. m.



PHONE 29 when you
 know a News Item

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Is no longer a luxury --- it is a necessity. For
 calling your grocer, butcher or doctor it is indis-
 pensible. And remember, one minute's emergency
 might pay a year's telephone bill.

Hedley Telephone Co.

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 Washington



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 the point... it boils down for you everything that goes on...
 giving you both the plain facts and entertaining sidelights, all
 verified and interpreted. PATHFINDER, fresh from today's
 center of world interest, is the choice of more than a million
 fully informed subscribers every week. PATH-
 FINDER'S nine color illustrated departments are
 sure to inform and entertain you too.



Other weekly news magazines sell at \$4 to \$5
 a year. PATHFINDER sells for \$1 a year, but
 for a limited time we offer you a great
 reduced combination bargain price for
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Both one Only \$ 1.50

METHODIST CHURCH

Church School, 9:45 A. M.
 Preaching, 11 A. M., 8:30 P. M.
 Missionary Societies
 Circle 1, Monday 8 p. m. Cir-
 cle 2, 8:00 p. m.
 Prayer meeting Wednesday at
 8:00

B. J. Osborn, Pastor

WEST BAPTIST CHURCH

V. A. Hansard, pastor
 Sunday School at 10 a. m.
 Preaching 1st, 2nd, and 4th
 Sundays. Morning services at
 11 a. m.; evening service 7:30 p. m.
 Visitors are always welcome

FIRST BAPTIST CHURCH

M. E. Wells, Pastor
 Sunday School, 9:45, Charles
 Reins, Supt.
 Song Service and Preaching,
 11:00
 Evening Services:
 Preaching, 8:00, by the pastor.

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DR. J. C. COFFEY

Physician

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Duplicate Numbers

Workers who lose their social
 security account number cards
 should not apply for a new num-
 ber. They should request a dup-
 licate card, bearing the same
 number as the lost card, which
 is obtained from the Social Se-
 curity Board, 1012 Oliver Eske
 Building, Amarillo.

NOTICE

The Army Recruiting Office at
 Amarillo is now accepting appli-
 cants for enlistment. The Am-
 arillo Office has been closed for
 original enlistments since Jan
 14, due to the army being full
 strength.

A limited number of vacancies
 now exist at Fort F. E. Warren,
 Wyoming; Fort Logan, Colorado
 and Fitzsimons General Hospital
 Denver, Colorado.

Properly qualified applicants
 will be forwarded at once, all ex-
 penses paid by the government.
 Young men interested should
 contact Sgt. R. A. Jackson at the
 Amarillo Office without delay as
 it is not expected that the present
 vacancies will last long.

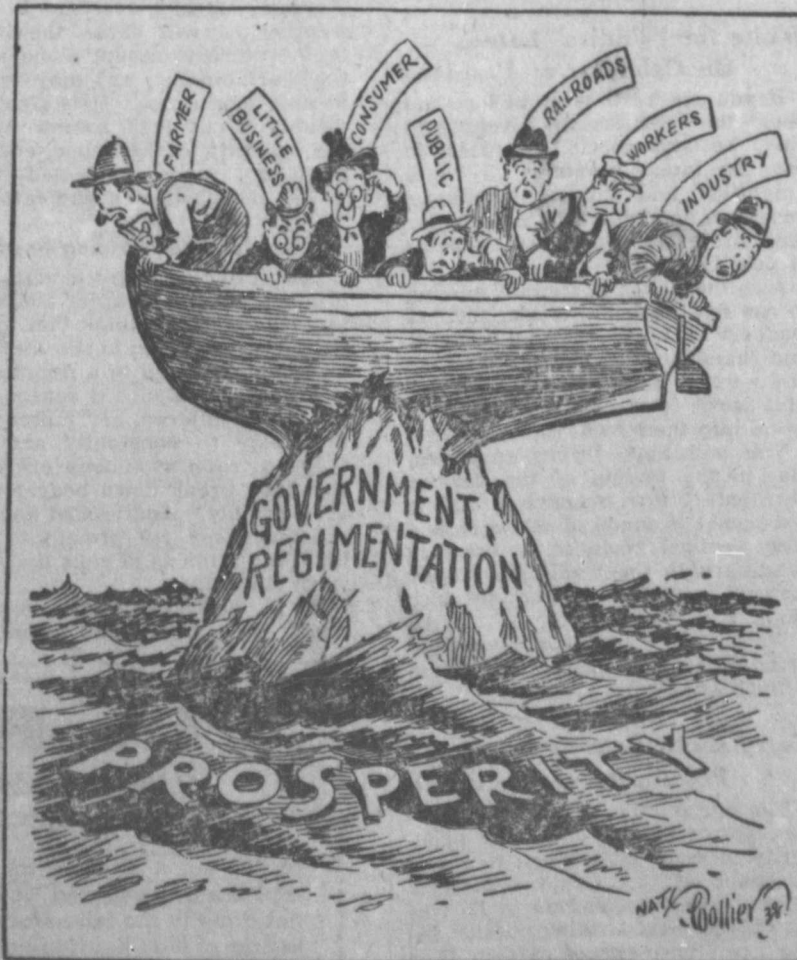
CHURCH OF CHRIST

Bible study 10 a. m. each Lord's
 Day
 Wednesday evening Bible study
 8 p. m.
 We cordially invite you to come
 study Bible with us.

SAME OLD JACK-IN-THE-BOX



ALL IN THE SAME BOAT



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Daily Times

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News

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**SIFIED
PARTMENT**

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12 Years Same Location
Will train you to be an expert operator in 6
months. Low tuition. Equipment furnished.
Write for catalogue
MAY MORTON, Dean
4505 Ross DALLAS

Add Radiant Beauty
to Your Bedroom



Pattern 5940.

There's grace and beauty in every detail of this cross-stitch motif which you will enjoy embroidering on a bedspread—it's quickly done and so decorative when finished. The bluebirds are in ten-to-the-inch crosses, the greater part of the rest of the design is in five-to-the-inch crosses. Motifs to match make a lovely bolster or scarf. In pattern 5940 you will find a transfer pattern of a motif 15½ by 20 inches, one reverse motif 8½ by 5¼ inches and one motif 4¾ by 5½ inches; a color chart and key; material requirements; illustrations of all stitches used.

To obtain this pattern, send 15 cents in stamps or coins (coins preferred) to The Sewing Circle, Household Arts Dept., 259 W. Fourteenth St., New York City.

Contributing Good

Every time we entertain thoughts of love, sympathy, forgiveness and faith, we add to the well-being of the world.—Ella Wheeler Wilcox.

**How Women
in Their 40's
Can Attract Men**

Here's good advice for a woman during her change (usually from 35 to 45), who fears she'll lose her appeal to men, who worries about hot flashes, loss of pep, dizzy spells, upset nerves and moody spells.
Get more fresh air, 5 hrs. sleep and if you need a good general system tonic take Lydia E. Pinkham's Vegetable Compound, made especially for women. It helps Nature build up physical resistance, thus helps give more vivacity to enjoy life and assist calming jittery nerves and disturbing symptoms that often accompany change of life. WELL WORTH TRYING!

Pass by Objections
Nothing will ever be attempted if all possible objections must be first overcome.—Samuel Johnson.

**HANDY Home Uses
MOROLINE**

A Man of Wealth
A learned man has always riches in himself.—Phaedrus.

**TO KILL
Screw Worms**

Your money back if you don't like Cannon's Liniment. It kills screw worms, heals the wound and keeps flies away. Ask your dealer. (Adv.)

WNW-L 29-38

**WATCH
the Specials**

You can depend on the special sales the merchants of our town announce in the columns of this paper. They mean money saving to our readers. It always pays to patronize the merchants who advertise. They are not afraid of their merchandise or their prices.

Wide Brim Hat With Chic Silk Print

By **CHERIE NICHOLAS**



WINSOME frock of chic silk print that makes you look your prettiest, hat big of brim that brings romance into the picture, it's the twosome that "does something for you" and it's exactly the type costume that is holding the spotlight in the midsummer fashion scene.

Special emphasis is being placed on the vogue of picturesque hats that have a sentimental air that tunes in charmingly with the witchery of a brightly colorful, flattering print gown. Which goes to show that there is a trend to dress in lovely-lady fashion. You will find more and more as the summer comes on that the "be pretty" mood prevails throughout the mode.

The trio of charming summer costumes illustrated is convincing as to the "prettiness" of current fashions. The dress to the right interprets a new version of the dirndle in black and pink print silk crepe. It is shirred at each side to give moderate skirt fullness in front with a slim back line. The box shoulders emphasize smallness of waistline, a feature especially indicated in the newer dresses. Wear black accents with this gown for town and change to touches of pink when you go to your country club. The black hair hat posed far back on the head and flaring far up in front is a foremost millinery fashion. Even the new white felt tailored shapes have this upward-off-face movement.

A word about black and pink. As the season advances costume after costume favors this combination. It gives a pretty effect indeed, when the dress of pink and black print is enhanced with pink costume jewelry, perhaps adding a girlish sash of soft pink suede with possibly a pink suede bolero.

A lovely midsummer sheer centers the group. This printed blue and white silk chiffon day dress has the new square neckline. Watch necklines! Designers are giving a lot of attention to them, introducing novelty in lowcut fanciful outlines that impart an entirely new character to the styling of blouses and gowns. Note also the horizontal tucked bodice and the skirt pleats released below the hips. And the big flower-trimmed leghorn hat. Wide brims and colorfully patterned prints play a charming duet in the fashion picture.

For an afternoon ensemble select a bayadere silk chiffon dress in rainbow colors, together with a navy wool full-length unlined coat, such as pictured to the left. Take note of the hatpin on the merry widow black straw hat with its crown of taffeta bows and horse-hair brim.

Speaking of wide brim hats to wear with print silks the latest models are taking on tremendously high crowns that taper toward the top in early Pilgrim fashion. The leghorns of this type are especially attractive. For the most part their trimming is confined to ribbon bands with streamers down the back.

© Western Newspaper Union.

ACCENTS OF SUEDE

By **CHERIE NICHOLAS**



Now that designers have sensed the vast possibilities suede offers to the fashion field and now that suede has been so scientifically treated that it is rendered thoroughly fabric-like, there's just no end to the exciting things being done with it. For instance, this lovely silk print summer costume, posed by Lucille Ball, radio player, is greatly enhanced with a girlish sash of grape colored suede with streamers of matching suede on the attractive wide-brim hat.

**Milliners Are Featuring
Button Bonnets Just Now**

Milliners are featuring "button bonnets" this season. They are as fashionable for "big sisters" to wear as they are for the tiny members of the family. They are made of pique, sharkskin, printed linens and such. While the new button bonnets are as pretty as a picture and as chic as can be, they are something more than mere eye teasers for they are practical to the nth degree, in that they are made to unbutton at will so as to lay out perfectly flat. Which means you can launder them easily and when buttoned back into shape they look like brand new millinery. Flatten them out by unbuttoning and they pack without taking up room—ideal for week-end trips.

**STRAPLESS BRA IS
GOOD STYLE NEWS**

By **CHERIE NICHOLAS**

Here is good news, it's about the strapless brassiere designed to wear with the very fashionable strapless evening gown. It is made of net or lace with drawing at the top and is boned just enough to keep it up without the aid of straps over the shoulders. Solves the problem of what to wear under that transparent blouse or dress in the daytime where one must do away with unsightly straps to look well groomed. Try the new strapless bra under your costume slip in the daytime and you will be delighted at the nicety and neatness it affords.

**White for "Undies" Latest
On Calendar of Fashions**

If you are casting about for "undies" that express the ultimate in chic, be style-alert by asking to see the latest creations in white "nighties" and slips or foundation garments and corsetry. A vogue for pure white is down on the calendar of new fashions.

Also there is a sentiment gaining to use fine wash materials, such as choicest of nainsooks and batistes and handkerchief linens, dimities and a whole list of the quaint, beautiful wash fabrics that again have come into their own.

You will have joyous surprises, too, in the styling of the various garments. For instance a dainty bed-jacket is made of white batiste with vertical rows of embroidery beading with the traditional "baby ribbon" run through and val lace edgings for trim.

White rayon satin corsets and foundations that slenderize one to a finish are also in promise.

**Terry Cloth Retains Its
Popularity on the Beach**

The introduction of many new cotton fabrics fails to check the popularity of terry cloth when it comes to beach attire. Coats and capes of the toweling continue to be featured, the most striking version being a two-toned striped pattern. Bold contrasts such as bright navy or black with white present the theme to best advantage. Jacket-like blouses that have been dubbed "night shirts," are made of white terry cloth and take the place of longer coats for beach wear.

WHAT to EAT and WHY

C. Houston Goudiss Offers

Practical Advice on How to

Keep Cool With Food

By **C. HOUSTON GOUDISS**

6 East 39th Street, New York City.

FROM the standpoint of health, the summer months constitute the most important period of the entire year. They should be used to build stamina and vitality that will fortify your body against disease. But to many people, the warm weather means merely a succession of exhausting days and restless nights. And hardly a week passes without reports of heat prostrations.

Meeting the Challenge of Hot Weather

While abnormal heat or humidity may be a secondary cause, the real reason behind much warm-weather suffering is a failure to meet the challenge of summer with a judicious diet.

Automobile owners know that no car is better than its engine, and in warm weather, careful drivers watch the gauge on the dashboard to be sure the engine does not become overheated. But most people give little thought to that most remarkable of all engines—the human digestive machinery.

Compared to the engine in your body, the one in your car is a crude, rough affair that can stand no end of punishment. Moreover, the automobile is driven for a certain length of time and then permitted to rest. But the marvelous mechanism which transforms your food into blood, bone, muscle, and your capacity for thought and action is never wholly at rest.

Importance of the Right Food
If the automobile engine requires special attention, how much more important to stoke your body engine with food suited to the weather!

No one would think of going about in midsummer wearing the same garments that were worn all winter. Yet many women continue to serve the same type of meals which were required to keep the body warm in winter. Such a practice is sure to make you miserable. But more than that, it lowers resistance and may, therefore, lead to illness.

Beating the Heat

There are several factors to bear in mind when planning the hot-weather diet. The first secret of keeping cool is to supply the body machinery with food fuel that can be utilized with the least expenditure of energy.

Warm weather is responsible for muscular relaxation in the digestive tract, as well as other parts of the body. And you run the risk of digestive upsets, with their discomfort and health hazards, unless you make every effort to lessen the work of your digestive system.

Eat lightly of rich fatty meats, pastries, rich cakes, sauces and gravies. At all times, choose easily digestible foods.

Overeating Saps Vitality

Don't overeat. The task of handling excess food is a burden to the body at any season. In hot weather, it will cause the body temperature to mount along with the thermometer, and may result in a serious upset. It is also advisable to cut down somewhat on the quantity of heat and energy producing foods consumed—that is the carbohydrates and fats.

Need for Body-Building Foods

The protein requirement remains the same summer and winter. Some people think that meat should not be eaten in summer, or should be reduced to a minimum. But there is no closed season for growth in children, and moreover, they play so constantly and indulge in such strenuous exercise that they break down body tissue very rapidly. Adults also have a constant need for protein to rebuild the millions of cells that are worn out daily.

It is desirable, however, to avoid rich, fatty meats and to

select protein foods that are more easily digestible, as chicken, lamb, lean beef and lean fish. Special emphasis should be placed on milk, cheese and eggs. These splendid foods not only supply Grade A protein, in an easily digested form, but also fortify the diet with minerals and vitamins.

Liquids Essential

To help you keep cool, the summer diet must include an abundance of liquids. These are necessary to make up for the large amounts of moisture lost from the body through increased perspiration.

Liquids may be taken in the form of milk, fruit juices and cooling drinks made from pure water and packaged beverage crystals containing dextrose, fruit acid, flavoring and coloring.

Hot Weather and Vitamin C

Two European investigators recently found that exposure to high temperatures causes a 50 per cent loss in vitamin C from the body tissues. And lowered vitamin C reserves are partially responsible for that tired feeling so often experienced in warm weather. Their research indicates that drinking orange or lemon juice, which are rich in vitamin C, actually helps to mitigate the effect of the heat.

Choose Cold Drinks Carefully

A cold drink is comforting on a hot day. And in addition, sweetened beverages help to relieve fatigue, for their carbohydrate content supplies available energy. Sugar is the least heating of the energy producing foods, for less than one-sixteenth of the energy

**Keep Cool
Improve Health**

With this Free Bulletin on Planning a Correct Summer Diet

SEND for the free bulletin on "Keeping Cool with Food," offered by C. Houston Goudiss. It outlines the principles of planning a healthful summer diet, lists "cooling" and "heating" foods and is complete with menu suggestions.

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it supplies to the body is converted into heat. The rest goes into brain and muscle power.

Therefore, one good way to prevent needless fatigue in summer is to take a cool, moderately sweetened drink whenever you feel tired during the day. This will satisfy thirst and ward off exhaustion like a rest by the road after a long hard tramp.

Too highly sweetened beverages, however, may be heating to the body, though they are cooling to the palate. For this reason, it is advisable for homemakers to mix their own cool drinks so that they can control the amount of sweetening used. It is possible to buy inexpensive packaged beverage crystals in a variety of flavors, which make delicious, refreshing and cooling drinks for general family use. One of these contains added vitamin D, and as the sugar is added by the homemaker, you can be the judge of how much to use. This is an excellent idea, especially in households where there are children, for the home-made drink satisfies thirst, provides needed energy and discourages them from buying bottled beverages of doubtful purity.

Cooling Foods

I offer free to readers of this column a list of cooling foods, plus practical, specific advice in planning the warm weather diet. There are also menus showing how easily you can KEEP COOL WITH FOOD.

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Simple, Keep-Cool Cottons



Oh my, how you'll enjoy it! The sleeves, cut in one with the shoulders, are so easy to work in, the soft collar, with the little tab, is so becoming. Best of all, this design is cleverly darted at the waistline in a way that makes you look much, much slimmer than you are. Make this of gingham, percale, handkerchief lawn, tub silk or calico.

The Patterns.

1537 is designed for sizes 12, 14, 16, 18 and 20. Size 14 requires 3¾ yards of 35 inch material with short sleeves.

1395 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 38 requires 3¾ yards of 35 inch material; contrasting collar (if desired) takes ¾ yard cut bias.

Success in Sewing.

Success in sewing, like in any other field, depends upon how you approach the task in hand. To help you turn out clothes professional looking in every detail, we have a book which plainly sets forth the simple rules of home dressmaking. The beginner will find every step in making a dress clearly outlined and illustrated within its covers. For the experienced sewer there are many helpful hints and suggestions for sewing short cuts. Send 15 cents (in coins) today for your copy of SUCCESS IN SEWING, a book every home dressmaker will find of value.

Send your order to The Sewing Circle Pattern Dept., Room 1020, 211 W. Wacker Dr., Chicago, Ill. Price of patterns, 15 cents each.

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**The HOUSEWIFE...
"RESEARCH PROFESSOR OF ECONOMY"**

SHE'S not a Ph.D. or an LL.D. She hasn't a diploma or a cap and gown. Her research is not done in the laboratory or the library. As a matter of fact, her findings are made, usually, in the street car, in the subway, in the suburban commuter's train.

She reads the advertisements in this paper with care and consideration. They form her research data. By means of them she makes

her purchases so that she well deserves the title of "Research Professor of Economy." She discovers item after item, as the year rolls on, combining high quality with low.

It is clear at once that all who make and keep a home have the same opportunity. With the help of newspaper advertising you, too, can graduate from the school of indiscriminate buying into the faculty of fastidious purchases!

WILLIAM MACLEOD RAINE'S

To Ride the River With

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CHAPTER XIII—Continued

"Morgan Norris killed Buck Conrad and freed Lou."
"How many men has your father?" Jeff asked Ruth.
"Four besides himself. Others will be here after a while."

He flung another question at her, his voice harsh and swift. Nothing in manner or speech betrayed the swift awareness of her, passionate and fierce, that sent a heat running through his strong body.

"How many more?"
"I don't know. Six or seven. And the word is being passed to other cattlemen. They will send men too."

She broke down, with a sob. After so many hours of desperate fear it was too much to find him not dead but alive and full of the energy that seemed in him so much more vital than in others.

Ruth cried, in explanation, "We heard firing as we came into town."

Jeff flung out a hand, to push the memory from him. "They . . . killed Hank Ransom, my friend, who was hiding me."

"How did you escape?" she murmured.

"I wasn't there. I left him . . . alone . . . after he was wounded."

"No!" she denied. "It isn't true."

"I thought I had to go, to save us. Before I got back they had him."

She moved closer, filled with pity for him. "He would understand—if he were alive," she said gently.

The faint, tender smile on her lips, the wistful eagerness to comfort him, were too much for his self-restraint.

He caught her to him, held her warm, breathing body close and looked down into the face that held for him the lovely youth of the world incarnate.

Again guns sounded.

"I've got to go," he said.

"Go where?"

Ruth asked the question, though she knew the answer.

"I must join your father. There is still fighting."

"How can you get to him? If you're seen on the street—"

"I'll get to him."

Her brown arms, soft and warm, were about his neck, fingers interlaced. Jeff broke the hold, gently, but with irresistible strength.

Without a word, with no good-by, abruptly he turned and walked out of the room.

Nelly was still sleeping peacefully, an arm flung across her eyes to shield them from the light.

CHAPTER XIV

The barking of Ransom's dog upset the plans of Morgan Norris for a surprise. He had forgotten about Laddie, though everybody in Tail Holt knew the great affection of the blacksmith and the collie for each other.

Since the loud and angry protest of Laddie at his presence annoyed him, Norris followed his impulse and killed the animal.

Mile High did not like it. To kill a man was one thing, but to kill a faithful dog quite another.

"What's the idea in that?" he asked resentfully.

The killer snarled something. What he said was not important. Gray had come out of the cabin and was standing in the moonlight, his open hand raised in the old peace sign.

Norris gave a derisive yell and fired. Others in his crowd followed the example set. Hank Ransom was beside the marshal now. He blazed away with a rifle. A moment later he went down and Gray had snatched up the Winchester. The wounded man crawled back into the cabin. His companion retreated, still answering the fire of the attackers, and slammed the door after him. One of the outlaws sat on the ground. He was nursing a shattered elbow and cursing violently.

"Find cover, boys," Norris ordered. "We don't want to get killed while we're smoking these birds out."

He could have saved his breath. The others were already on their way to get out of sight.

Norris sent two men to make a wide circle and get to the rear of the cabin. "If they try to make a break, crack at them. We'll be there on the jump."

For some minutes there was desultory firing. The attackers moved closer, but gave that up when a second man was wounded.

Mile High got an idea. "Let's dynamite the rocks above and send them down on the cabin. They'll come scuttling out like rabbits if the avalanche doesn't kill them."

A man was sent to get dynamite from Sanger's store. When he returned, Mile High led a party to the rimrock. Before he succeeded in sending a big boulder crashing down on the adobe cabin he was driven away by a surprise attack. As they retreated to join their companions below, he noticed that one of them was missing.

"Anybody seen Clint Duke?" he asked.

"They must have got him up there," someone said. "Where did all those fellows come from?"

"I wouldn't know," Mile High said bitterly. "We start out to round up one red-headed guy and we bump into a whole passel of them."

The gunfire below became more rapid. They could see the flashes of the exploding shots in the darkness.

"There's a heap of shooting from that cabin," a black-browed outlaw grumbled. "Looks to me like there are more than two men there."

They found Norris and the man with him backing away from the battle. He was in a vile humor. At the last moment victory had been snatched from him. What had occurred he did not yet know, but it was clear that an irruption of allies had poured in on the defendants.

"Thought you were going to wipe out the cabin with boulders from above," he snarled.

"Before we got started, a bunch of men attacked us, killed Clint Duke, and drove us away," Mile High explained. "I'm askin' you

where all these warriors came from."

"I aim to find that out right damn now," Norris said savagely. "I'll give you my guess. That double-crossing son-of-a-gun Sperm Howard threw down on us and sent word to Chiswick and his friends to come collect us. The rat figures we're sunk and he's trying to suck up to the law to save his own hide. When I see him . . ."

He did not finish his sentence. The malevolence of his voice was threat enough.

"Maybe not, Morg. Don't go off half-cocked. Find out for sure before you go too far. Sperm's a wily old bird. He may wiggle us out of this jam yet. We don't even know yet who these men are who jumped us."

"Outside of Chiswick and his cattle friends this country is filled with absentees when it comes to gunmen ready to tackle me and my crowd," Norris retorted angrily. "Get the boys together, Mile High, and don't let them separate. By morning we may have the worst bear-fight on our hands you ever saw. Meet you at the Golden Nugget in half an hour."

"Where you going now?"

"I told you I was aimin' to have a li'l talk with Sperm Howard," the killer said out of the corner of his thin-lipped mouth. "I'll say he'd better have a good story to tell me, too."

"I'll go with you," Mile High said hurriedly.

Norris swung round on him, standing on the balls of his feet, angry eyes glaring through slitted lids. "By God, you won't."

Mile High looked at him for a long moment, then gave way with a shrug. There was no doing anything with Norris when he was in a rage. Clearly he was working himself up into one now. The issue was not important enough to justify a quarrel. Trust Sperm Howard to talk some sense into his head. The old fox would know how to handle Morg.

The outlaw did not find Sherman Howard at home. After pounding on the door for some time, he roused Lou, who demanded sleepily what he wanted.

"I want the old man," Norris cried with an oath. "Where is he?"

"That you, Morg? I dunno where he is. I been asleep. Last time I saw him was at the Golden Nugget."

"Get up and dress," the badman ordered harshly. "There's a heluva war on and you can't duck it. Get your gun and come out here."

"What you mean, a war?"

"Chiswick's warriors are in town. They've done killed Duke and wounded two-three more. You're in this, fellow, and don't you forget it."

Lou protested, in vain. Reluctantly he dressed and joined the other.

"Scot down to the cottonwood grove and report to Mile High," the bandit told him. "See you show up pronto. If you don't, I'll take care of you personal. Understand?"

Norris turned on his heel and swaggered away, fury still burning within him.

He walked into the back door of the Golden Nugget. Day would break in another hour or two, but the place hummed with life.

No gambling was taking place, but there was plenty of drinking. Men stood around in groups, all of them armed, though in some cases the weapons were concealed. For by this time all Tail Holt knew that a showdown was at hand. The battle lines were drawn between the outlaws and the cattlemen, between Gray and Chiswick on the one side and Howard and Norris on the other.

Morg Norris was a marked man as he walked to the bar. The talk suspended, and all eyes rested on him. He was the fighting spearhead of the lawless forces, just as Sperm Howard was the directing brain. Men watched him, to get a clue to future action. They meant to play safe. If the outlaws were going to win, they wanted to be with them at the finish. But if law was coming into the mesquite, if the day of the killer and the thief was at an end, they wanted to make overtures to Chiswick, or, in case they had gone too far for that, to slap a saddle on a bronc and leave swiftly for parts unknown.

Norris ordered a drink and asked curiously where Sperm Howard was.

The bartender Pete nodded a head toward the office.

"How are cases, Morg?" someone asked with what indifference he could assume.

The killer showed his teeth in a snarl. "Fine. How would they be going?"

"I hear Chiswick is in town with a bunch of his men," another said casually.

Morg took the drink at a gulp. "You hear correctly." He slanted insolent eyes at the man. "You pullin' on the bit to get a crack at them, Slim?"

Without waiting for an answer he turned his back on them and walked into the office, closing the door behind him. In the room were three men, Sherman Howard, Curt Dubbs, and a man named Yorky who usually hovered close to the stout man. It was generally understood he was a guard.

The three men looked up. None of them spoke for a moment. Howard felt a premonition of disaster. He said, "Any news, Morg?"

Norris moved a little closer, carrying his body with a lithe, catlike grace. His shallow eyes were narrowed to shining slits. A light played on the surface as it does on agate marbles. The face of the man was venomous.

"Plenty," he snarled.

The heart of the big man died. He wanted to call out a warning to Yorky, but he dared not. His glance darted here and there, seeking help, then came back to the dark agates fixed on him. The muscles of his fat face twitched as he fought to control himself. The man had come to kill him. He did not doubt that.

"Did you get Gray?" Yorky asked, his chair tilted back against the wall and his hands thrust into trouser pockets. He knew Norris

was in a sullen rage, but he had no guess that an explosion was imminent.

"No, we didn't get Gray," the outlaw answered with a sneer. "We weren't sent to get Gray, but for him and his crowd to get us. You'll be glad to know, Howard, you double-crossing coyote, that yore friends Gray and Chiswick have rubbed out Clint Duke and maybe others. Tracy they have wounded. Menger too."

Howard raised a trembling, hamlike hand in protest. "Don't talk foolishness, Morg. Why would I throw down on the boys and join up with my enemies? You ought to know me better than that. It doesn't make sense."

"Rats leave a sinking ship, don't they? Sure I know you—clear through. You tried to have me bumped off before. Now you've sent for Chiswick's crowd. Trying to play in with them and save yourself."

"Listen, Morg. Don't get excited. Listen to me." Howard made a motion to raise himself from the seat. He did not get halfway up.

Norris whipped out a forty-five and fired three times. Howard caught at his stomach and sank back into the chair. Any one of the bullets would have been fatal.

The wolfish face of the killer turned on the others. "Want any of my game, either of you?" he demanded.

Dubbs tried to speak and found he could not. The big eyes in his white face stared at the killer.

"We're not in this, Morg," Yorky said. "If you and Sperm had a difficulty, that wasn't our business."

"You bet it wasn't," Norris went on exultantly. "I'll take care of this show, boys. That scoundrel was playing both ends. We'll sweep this riffraff out of Tail Holt before twenty-four hours. I'm sending a call for the boys to come in from the hills."

"Sure. Sure. That's the way," Dubbs got his approval out hoarsely from a dry throat.

"We'll go into the other room and tell the boys," Norris swaggered. "And don't throw me down if you're figuring on health."

He herded them into an outer room and explained to a dozen excited men that he had killed Howard because he was betraying them.

While Norris still had the floor, the door opened and a man staggered into the room. His face was blood-stained from a gash over the temple. Apparently he had been roughly handled. The man was Clint Duke.

Norris stared at him. "I heard they had got you."

"He left me for dead," Duke explained.

"Who did?"

"Jeff Gray."

He told his story.

Jeff slipped around the corner of the Presnell boarding-house to the road. Nobody was in sight within fifty yards, but as he looked he heard the drumming of horses' hoofs crossing the bridge at the end of town. He drew back into the shadow of the building to let the riders pass. Before they reached him he saw the glint of moonlight on the barrels of rifles.

To the surprise of Gray the party drew up at the Presnell house. A young fellow swung from a saddle and moved forward. He recognized Bob Chiswick, and at once called his name.

Bob pulled up short.

The marshal said, "Jeff Gray," and stepped out to meet the boy.

"By Jupiter, you're alive!" Bob cried.

(TO BE CONTINUED)



"Rats leave a sinking ship, don't they?"

Chemical Industry Is Putting Luster in Textiles by Using Lobster Shells

Gourmets who have been troubled about what to do with empty lobster shells will be pleased to know that the chemical industry is finding uses for the material. The horny armor of lobsters and other crustaceans has been found to be a starting material for the manufacture of chemicals which give a soft, lustrous finish to textiles, reports a writer in the Chicago Tribune.

The material which makes up the protective coatings of crustaceans and insects is known as chitin. It differs profoundly from the hard materials used in the skeletons or armor of other forms of animal life. The supporting matter of sponges is calcium silicate. The shells of oysters, clams, and snails are built of calcium carbonate, or limestone. The bones of vertebrates consist of calcium phosphate. Each of these three compounds is mineral in nature. The chitin found in crustaceans, on the other hand, is an organic substance and one that bears little chemical resemblance to any other component of living matter.

Perhaps its nearest chemical relation is the cellulose of plants. Cellulose is a complex combination of

a great number of sugar molecules. When subjected to the prolonged destructive action of dilute acids it is eventually broken down into sugar. Chitin is an analogous complex, not of sugar, but of a substance called acetyl glucosamine.

This last substance is as complicated as its name. It is a compound of acetic acid and glucosamine. The latter, the essential building stone of the chitin molecule, is in turn a compound of sugar and ammonia. Glucosamine possesses most of the properties of the sugars. In addition it has the alkaline action of ammonia.

Black Ducks Are Wise

Black ducks know how to avoid enemies. Their nests, well camouflaged with weeds and hidden in swamps or brush, can be found only by accident. Parent ducks keep their young huddled close on reedy swamps, rarely venture on open water. They fly at night, feed generally at dawn and dusk. When danger nears, they fly to the middle of a river or lake, or leave the vicinity entirely. The black duck is thus seldom brought down by gunners.

WHAT TO EAT and WHY

C. Houston Goudiss Discusses Cheese—Prince of Proteins

Noted Food Authority Tells Why You Should Eat More of the Food That Is So Rich in Protective Elements.

By C. HOUSTON GOUDISS

6 East 39th St., New York City.

FOR many years, men with an inventive turn of mind have dreamed of creating a product that would concentrate all the important food elements in a small tablet or capsule. They have been inspired by a desire to simplify meal preparation without sacrificing nutritive values.

No one has ever succeeded in making a synthetic food that would both satisfy hunger and properly nourish the body. But all the while, the researchers have overlooked the magnificent possibilities of cheese, one of the most concentrated, nourishing, satisfying and versatile of foods.

★
Cheese—The Body Builder

Cheese is the most concentrated source of protein known. Moreover, the protein is of such high type that if it were the only body-building food in the diet, given in sufficient quantities, it would be adequate not only to maintain life, but to support normal growth.

One-half pound of American Cheddar cheese will supply all the protein required by an adult for an entire day.

★
Cheese—The Energy Food

In addition to its rich store of protein, cheese is also a fine source of energy.

A cube of Cheddar cheese one-and-one-eighth inches square provides 100 calories or the equivalent in energy value of the lean meat of one lamb chop or one medium-sized potato. One-half pound of Cheddar cheese furnishes 1,000 calories, about half the daily requirement of an adult leading a sedentary life.

★
Cheese for Mineral Salts

Because milk is rich in minerals, it follows that cheese, which is made from milk, contains these precious substances in highly concentrated form. It is an excellent source of calcium, the mineral which is responsible for building strong bones and sound teeth, and for keeping the heart beating normally. A one-and-one-fourth inch cube of American Cheddar cheese contains as much calcium as an 8-ounce glass of milk.

The individual who does not care for milk as a beverage can easily obtain the necessary calcium from cheese. But it is practically impossible to get adequate amounts of this mineral without either milk or cheese.

In rennet cheese, phosphorus, as well as calcium, is present in the same proportions as in milk, but is much more highly concentrated. As in milk, these minerals are in a form that is most nearly perfect for easy assimilation. Rennet-curd cheese is always high in sulphur and fairly high in iron. Furthermore, the iron is in the most readily assimilated form.

★
Cheese and Vitamins

Cheese is a splendid source of vitamin A, which promotes growth and increases resistance to disease. It is especially important for eye health and is necessary to prevent the affliction known as night blindness. The amount of vitamin A varies with the type of cheese, but both American Cheddar and Parmesan cheese are extremely rich in this substance, and cream cheese is an outstanding source. Vitamins B and G

Keep Cool Improve Health

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are also found in whole milk cheese.

With this wealth of food values, one would expect to find cheese appearing on the menu in some form every day. But though the annual production of cheese in the United States exceeds 700,000,000 pounds, it should be much greater. The annual per capita consumption is only 5½ pounds—a woefully small figure when we consider the wide benefits that would result from its greater use.

The failure of American homemakers to use cheese in the amounts that they should is, I believe, due to three factors: first, a lack of knowledge concerning its splendid food values; second, a belief in the old superstition that cheese is not easy to digest; and third, failure to take advantage of the many ways in which it can be served.

★
Digestibility of Cheese

The foregoing outline of its many food values should give a new conception of its place in the diet. As to its digestibility, studies by the United States Department of Agriculture have entirely disproved the fallacy that it is not completely digestible.

It was found that on an average about 95 per cent of the protein and over 95 per cent of the fat of cheese were digested and absorbed. The various kinds of cheese tested were found to compare favorably in digestibility with the food of an average mixed diet. It was also demonstrated experimentally "that there was practically no difference between cheese and meat with respect to ease of digestion, at least in such quantities as are commonly eaten."

There was also a notion that because it is so high in food value, cheese should only be eaten in small quantities. But scientific tests have proven that cheese may be eaten by normal individuals in large quantities, as the principal source of protein, with entirely beneficial effects upon health.

★
Place of Cheese in the Diet

There is a case on record of a young man who lived for two years on a daily diet consisting of one-half pound of cheese, a one-pound loaf of whole wheat bread and two pounds of fruit. While this limited diet might prove monotonous to some people, it is possible to utilize cheese as the easiest method of providing important food value, varying the diet, and simplifying meal preparation. For there are more than 200 distinctive varieties of cheese listed by the department of agriculture, ranging from the smooth, delicately flavored cream cheese, which may be given to very young children, to the sharp tangy cheese which is especially popular with men. Fortunately, almost every type can be purchased in packaged form, in sizes that are convenient for large and small families, making it possible to enjoy a wide variety.

Cheese can be used as a main dish; in salads or sandwiches; as a sauce for vegetables; as a dessert. It is desirable at the same time to serve bulky foods, such as fruits and vegetables. Cheese may also be combined advantageously with carbohydrate foods. This is because the balanced diet requires more carbohydrates than protein. And cheese is essentially a protein food, interchangeable with meats and fish.

★
READERS of this newspaper are invited to write to C. Houston Goudiss, 6 East 39th Street, New York City, for a free copy of his bulletin, "Helpful Hints on Planning a Laxative Diet."

The bulletin gives concrete suggestions for combating faulty elimination through correct eating and proper habits of hygiene. It gives a list of laxative foods and contains a full week's sample menus. A post-card is sufficient to carry your request.

Do You Want to Learn How to Plan a Laxative Diet?

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For Friday and Saturday Only

Oxydol, 1 lb. 8 oz. 21c	Pride Soap 7 bars 25c	Max. House Coffee 27c
Corn or Tomatoes, No. 2 cans, 4 for		25c
Oranges, doz. 15c	Bananas, 2 doz.	25c
Sugar, 25 lb.		\$1.30
Early Bird Coffee, 1 lb. with spoon		17c
Cheese, lb. 20c	Vinegar, bring jug, qt.	8c
BRAN 84c		Shorts \$1.09
Limited, four sacks to each customer		

Everett Food Store

We buy your cream, poultry and eggs

NOTICE

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Clarendon Hatchery
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For Sale—fresh case bundles.
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Frigidaire for sale or part trade. Cheap and in good condition.

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CHURCH OF CHRIST

Bible study 10 a. m. each Lord's Day
Wednesday evening Bible study 8 p. m.
We cordially invite you to come study Bible with us.

FIRST BAPTIST CHURCH

M. E. Wells, Pastor
Sunday School, 9:45, Charles Reins, Supt.
Song Service and Preaching, 11:00
Evening Services:
Preaching, 8:00, by the pastor.

Political Announcements

For Representative, Dist. 122:
Eugene Worley
(Reelection)

For District Attorney:
John Deaver
(Reelection)

For District Clerk:
Walker Lane
(Reelection)

For County Tax Assessor and Collector:
J. W. (Jess) Adamson
Joe Bownds
(Reelection)

For County Judge:
R. Y. King

For Sheriff:
Guy S. Pierce
(Reelection)

For County Clerk:
W. G. (Bill) Word
(Reelection)

For County Treasurer:
Mrs Margaret V Thompson
(Reelection)

For County Commissioner, Prec. 3:
Claud Nash
(Reelection)

Lump-Sum Payments

Persons entitled to lump sums under the old age insurance program are being paid 3 1/2 per cent of wages received from covered employment after 1936, and up to attainment of age 65 or death. For example, if a worker's wages during this period amount to \$1,000, the lump sum payment would be \$85. Information concerning the filing of a claim may be obtained from the Social Security Board, 1012 Oliver Eakle Building, Amarillo.

We are very sorry to report Mrs. J. G. McDougal very low at a Memphis hospital

Mr. and Mrs. John Taylor of Amarillo visited in the W. H. Jones home over the week end.

Ivan Jones is visiting in Amarillo.

Frank Hefner of McLean visited here Tuesday.

Mrs. A. W. Howard and daughter Gloria of Memphis visited the Infermer family Saturday.

McKnight Church of Christ

Preaching services each Sunday at 8 p. m., except 3rd Sunday service at 11 a. m.

DR. J. C. COFFEY

Physician
Offices at Wilson Drug Co.

Business Phone 63
Residence Phone 28

DIGNIFIED FUNERAL SERVICE

Licensed Embalmer and
Licensed Funeral Director
Day phone 24
Night phone 40

Moreman --- Buntin

HEDLEY LODGE NO. 413

Hedley Chapter No. 413, O. E. S., meets the first Friday of each month, at 2:30 p. m.

Members are requested to attend. Visitors welcome.
Margaret Carter, W. M.
Tennie Masterson, Sec.

Entertains

Bettye Margaret Hoeker entertained a number of friends with a lawn party at her home Monday night. Numerous enjoyable games were played until a late hour. Punch and cookies were served to 23 guests.

IOE PRICES

100 lb. 48c
50 lb. 25c
25 lb. 13c

Glendon Cherry

Misses Dorothy and Eddi Mae Land and Mary Rains Bridges spent Saturday night with Miss Wanda Cavender. On Sunday, together with Misses Wilma Cavender and Eva Duskworth, they were luncheon guests of Miss Bridges.

J. W. Luther and family of Claude and Mrs. Ida Wallace of Panhandle visited in the V. A. Hansard home Tuesday.

Mr. and Mrs. Neal Pierce of Amarillo visited Miss Zella Grigsby Monday night.

Mrs. Lee Sanders and son, Jimmy, of San Antonio, and G. Gollibar of McAbee visited Mrs. V. A. Hansard Saturday.

Mrs. Dora Price of Wichita Falls was a recent visitor in the W. B. Morgan home.

Mr. and Mrs. Virgil Threet of Roswell, N. Mex., visited in the R. E. Newman home the past week end.

The Infermer family was the recipient of a nice mess of roasting ears Saturday from W. B. Mergan, who has our thanks.

Mr. and Mrs. Frank Kendall are visiting in the J. N. Kendall home in Prescott, Ariz.

Mrs. L. A. Tucker of Estelline visited E. E. Newman and family Saturday.

Jack Heath of Clarendon is visiting in the Chas Rains home.

Lee and Olen Rutherford and Jim Munn of Brawley, Calif., visited their sister and niece, Mrs. C. E. Johnson the past week end.

Mrs. Hudson Couch of Altus, Okla., visited her parents, Mr. and Mrs. C. E. Johnson last week end.

Ed Blankenship of Mercedes is visiting here.

G. C. Stanford and family and Miss Wilma Thomas are vacationing in Colorado.

Miss Mildred Culwell is visiting in Amarillo.

O. R. Culwell spent the past week end in Amarillo.

Mrs. Donald Lindsey of Dallas returned home Wednesday after a visit here.

Glyde Adams and family of Dallas visited in the O. R. Culwell home Wednesday.

Mrs. Houston Bell and little daughter of Panhandle visited relatives here this week.

Olen and Miss Nina Mae Bailey visited in McLean part of this week.

Mrs. W. D. Mendenhall has returned from Wichita Falls, and we are glad to report that she is getting along nicely.

Miss Nina Mae Bailey of Ft. Worth came in Friday for a visit with relatives and friend.

J. W. McPherson and family and Lowell Blackwell and family left last Thursday for a visit to Pomona, Calif.

PASTIME THEATRE

Clarendon, Texas

Last times Friday Aug. 13
**Dick Powell in
Hollywood Hotel**

Also Fox News 10 25c

Saturday only Aug 18
**Will Rogers in
Life Begins at 40**

Also Color Cartoon
Admission
Matinee 10c to all
Night 10-15c

Sat midnight show only Aug 18
**Wayne Morris in
The Kid Comes Back**

Also Paramount Variety 10 25c

Sun Mon Tues Aug 14 15 16
**Wallace Beery in
Port of Seven Seas**

Also Fox News and Betty Boop Cartoon 10 25c

Wed Thurs Fri Aug 17 18 19
**Mickey Rooney, Judy
Garland in
Love Finds Andy Hardy**

Also Two Variety Sherts 10 25c

Coming Attractions
Margaret Sullivan in "Shopworn Angel"

Bette Davis in "Jezebel"

Matinees each day at 2 p. m.
Evening shows at 8:00

COZY THEATRE

Saturday only Aug 18
**Gene Autry in
Springtime in the Rockies**

Also last chapter of "The Painted Stallion"
First chapter of new serial "The Lone Ranger," and free all day suckers for the kiddies.

Admission
Matinee 10c to all
Night 10 15c

**ADAMSON-LANE POST 287
AMERICAN LEGION**

meets the first Thursday in each month

WEST BAPTIST CHURCH

V. A. Hansard, pastor
Sunday School at 10 a. m.
Preaching 1st, 2nd, and 4th Sundays. Morning services at 11 a. m.; evening service 7:30 p. m. Visitors are always welcome



PHONE 29 when you know a News Item

Don't Forget

the

Old

Settlers'

Picnic

Friday,

August 19

At Tate Grove