

WHAT to EAT and WHY ★

C. Houston Goudiss Interprets the Modern Conception of Meat

Nationally Known Food Authority Explains Why It Rates As a Top-Notch Food.

By C. HOUSTON GOUDISS
6 East 39th Street, New York City

AMERICANS spend from one-fourth to one-third of their total food budget for meat. In order to discover whether this expenditure is justified, let us examine the nutritive value of meat, and consider its contribution to the diet.

Almost everybody likes the flavor of meat, from the man who considers that no meal is complete without it, to the child who instinctively eats the meat on his plate before he touches the other foods. The desire for meat is one of the strongest human appetites.

For centuries, man accepted this craving for meat as an indication that it was essential to his well-being. But with the advance in civilization, there was an increase in many diseases, and for a period of years, meat was blamed as being a contributing cause to kidney trouble, rheumatism, high blood pressure, hardening of the arteries and gout.

In recent years, there has been a careful investigation of the possible association between meat and disease. In the light of our newer knowledge, the old notions have been discarded. And in many cases, meat now has a place in the treatment of the diseases that it was once believed to cause!

Composition of Meat

Meat is a protein food of the highest type. It is useful both for repairing the millions of cells that are worn out daily and for building the new tissues that are necessary for growth in childhood. The proportion of protein varies with the kind of meat, and the cut. In beef, lamb and veal, it comprises between 14 and 26 per cent of the edible portion.

The other constituents of meat are fats, water, minerals, extractives, enzymes and pigments.

The amount of fat present is an important factor in determining the fuel value of meat. And the more fat it contains, the less protein will be found in a given unit of weight. The different cuts of pork contain less protein than corresponding cuts of beef and lamb, with the exception of lean ham, lean pork chops and tenderloin.

Meat as a Blood Builder

Both glandular and muscle meats are rich in the blood-building mineral, iron, and meat also contains copper. The glandular organs, particularly liver, have great value in the prevention and treatment of anemia. Pernicious anemia baffled physicians for many years until, in 1926, two noted American scientists discovered that liver contains a principle which stimulates red blood cell formation. This discovery has been ranked with the discovery of insulin as one of the greatest in our times.

Meat also contains a high percentage of phosphorus. It is poor in calcium, however, and this necessary substance must be obtained in adequate amounts from milk, cheese and green leafy vegetables.

The Vitamins of Meat

Lean muscle meats cannot be considered as an important source of any vitamin except G. This vitamin is necessary for the prevention of pellagra, and also helps to prolong the vigorous middle years and to ward off old age. Beef, pork and lamb muscle contain approximately the same amounts of vitamin G, but liver has been found to contain approximately 10 times as much as muscle tissue.

Some vitamin A is found in fat

Send for This Free Bulletin on KEEPING COOL with food

YOUR family will be far more comfortable during the next few weeks if you send for "Keeping Cool with Food," offered free by C. Houston Goudiss. It lists "cooling" and "heating" foods, outlines the principles of planning a healthful summer diet, and is complete with menu suggestions. Just put your name and address on a post card, ask for "Keeping Cool with Food," and send it to C. Houston Goudiss, 6 East 39th Street, New York City.

This Free Chart Makes It Easy to

BALANCE YOUR DIET

YOU will find it a simple matter to safeguard the health of your family by serving a balanced diet if you send for the Homemaker's Chart for checking Nutritional Balance. It lists the foods and the standard amounts that should be included in the daily diet. Contains skeleton menus for breakfast lunch and dinner or supper to guide you in selecting the proper foods in each classification. A post card will bring you this valuable aid to good menu planning. Just ask for the Nutrition Chart. Address C. Houston Goudiss, 6 East 39th Street, New York City.

meats, but liver is also much richer in this vitamin than muscle tissue. Vitamin B is present in lean meat, especially lean pork, which has a considerably higher content than lamb, mutton or beef.

Value of Meat Extractives

Meat contains small amounts of extractives. It is partly because one misses their savory flavor that a meal without meat often fails to tempt or satisfy the appetite.

The extractives indirectly aid in the digestion of meat proteins because they stimulate the flow of the digestive juices. Experiments have demonstrated that meat induces a flow of gastric juice in direct proportion to the amount consumed.

This calling forth of great physiological activity of the stomach is one reason why meat is said to be the most satisfying of all foods, and to "stick to the ribs" longest.

Digestibility of Meat

In considering the nutritive worth of any food it is necessary not only to analyze its contributions to the diet, but to determine how well its nutrients are utilized by the body. Meat has a high food value because its protein is digested rapidly and thoroughly. Tests show that 97 to 98 per cent of meat protein is digested and absorbed. The length of time meat remains in the stomach will depend upon various factors, such as the amount of fat present, the method of cooking and the degree of mastication. But there is no marked difference in the thoroughness with which the different kinds of meat are digested.

Since it is so completely digested, however, meat supplies little bulk, and it is therefore essential that an abundance of leafy vegetables and fruits should be eaten at the same time.

Meat in the Child's Diet

There has been considerable discussion regarding the place of meat in the child's diet. There are the same good reasons for using meat in the diet of the grown-up. Moreover, the child's protein requirement is greater than that of the adult, in proportion to his body weight.

At the beginning of the second year, many authorities advise that small servings of tender and finely minced beef, chicken, lamb or liver may be given about three times a week. As the child becomes older, he may have meat more often and as his ability to chew increases, he may be given larger pieces.

Some Fallacies Regarding Meat Many people believe that veal is less completely digested than other meats. But it has been demonstrated that even very young veal digests as rapidly and as completely as beef. It has also been held that red meats are less digestible and, therefore, less desirable than white meats. There is no evidence to support this point of view.

Someone with a gift for concise expression once remarked: "No meat—no man!" His point was well taken. For considering its delicious flavor, essential food values, and ease of preparation, it is easy to agree that THERE IS NO SUBSTITUTE FOR MEAT.

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THE SUNNY SIDE OF LIFE

Clean Comics That Will Amuse Both Old and Young

BIG TOP

LET'S GO !!!
ED WHEELAN presents A STUPENDOUS, SUPER-COLOSSAL STORY OF CIRCUS LIFE -



By ED WHEELAN

STEP RIGHT UP, FOLKS!! IT'S ENORMOUS—IT'S THRILLIN'—IT'S EDUCATIONAL!! THE BIG SHOW IS ABOUT T' START!! HAVE YA MONEY READY!! HOW MANY, MISTER?!!

LALA PALOOZA



INTRODUCING-

LALA PALOOZA (THE COUNTESS), A ROUGH DIAMOND, WHO INHERITED A FORTUNE AND IS NURSING A MAD DESIRE TO GET INTO SOCIETY—SHE IS ROMANTIC AND SLIGHTLY OVERWEIGHT.



HER BROTHER, **VINCENT**, THE WORLD'S LAZIEST MAN—HER PERMANENT HOUSE GUEST—SHE WISHES HE'D LIVE ELSEWHERE, BUT EVERY TIME HE TRIES HE ENDS UP IN THE HOOSGOW—NOT A BAD FELLA—JUST WEAK AND WILD.



PINTO, LALA'S PET WHATSIS—PINTO GETS MORE ATTENTION THAN A HIGH-SALARIED MOVIE STAR—

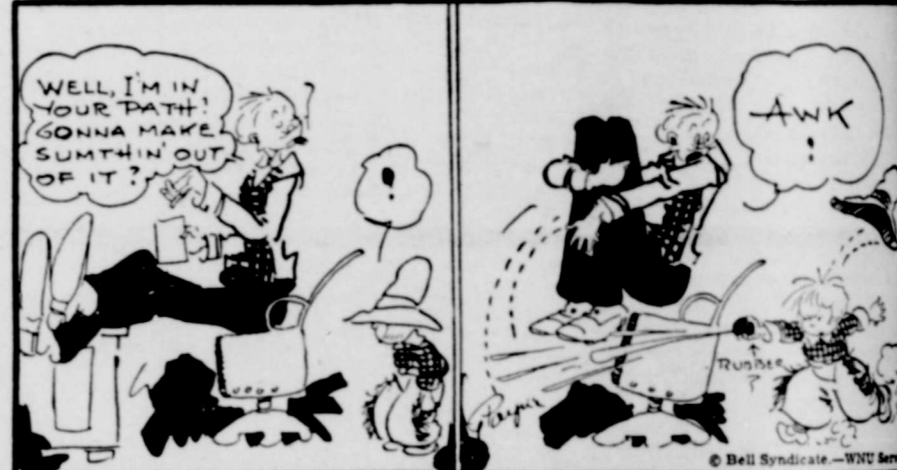


GONZALES, LALA'S ADMIRER—WELL-DRESSED BUT PHONEY—

HIVES, THE CHAUFFEUR

© Frank Jay Markey Syndicate, Inc.

'SMATTER POP—In Our Who's Who Department



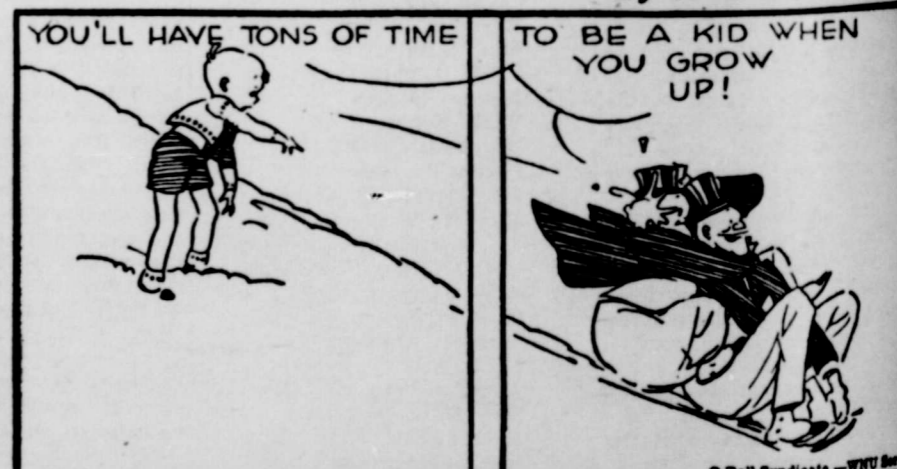
By C. M. PAYN

MESCAL IKE By S. L. HUNTLEY



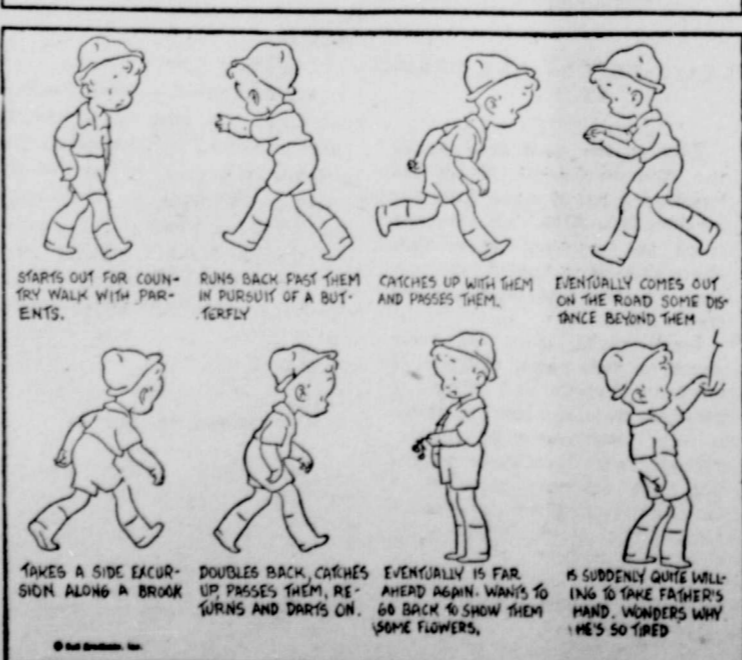
So That Accounts for

POP—Second Childhood



By J. MILLAR WAT

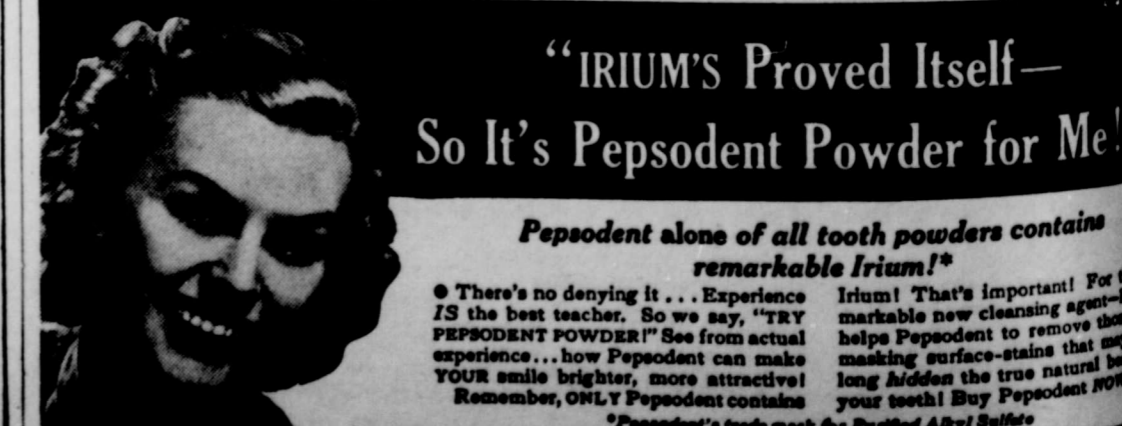
EXTRA MILEAGE By GLUYAS WILLIAMS



NOTHING CHEAP
"Lady, if you'll give us a nickel my little brother'll imitate a hen."
"What will he do?" asked the lady. "Cackle like a hen?"
"Now," replied the boy in disgust. "He wouldn't do a cheap imitation like that. He'll eat a worm."
—U. S. S. Reina Mercedes.

He Taught It
"I'm grieved you use such language. Do you hear it at school?"
"At school, mother! Why, I teach the other chaps."
Efficiency
Clerk in Bookstore—This book will do half of your work for you.
Student—Fine! I'll take two.—Detroit Free Press.

NO HELP THERE
Brown has been speculating about Smith—You must be a very good man, Brown.
Brown—I am, but what use is it to me? I cannot take money into the next world.
Smith—No, it would melt there.
Moustique, Charlerol.



"IRIUM'S Proved Itself—
So It's Pepsodent Powder for Me!

Pepsodent alone of all tooth powders contains remarkable Irium!

There's no denying it... Experience IS the best teacher. So we say, "TRY PEPSODENT POWDER!" See from actual experience... how Pepsodent can make YOUR smile brighter, more attractive! Remember, ONLY Pepsodent contains Irium! That's important! For Irium is the new cleansing agent... helps Pepsodent to remove those masking surface-stains that stay long hidden... the true natural beauty of your teeth! Buy Pepsodent NOW!

Pepsodent's trade mark for Purified Alkali Salts

LOCALS

and Mrs. Joe Mercer were on the sick list this week.

Mrs. A. P. Dickerson is visiting her daughter and family in Dallas this week.

Mr. and Mrs. Ned Baird and family were Quitaque visitors Monday afternoon.

Mr. and Mrs. Boots Bryant and son are visiting at the home of his Mother in the valley for a week.

Mr. and Mrs. Roy Hahn and Collin Thomas were Tulia visitors Sunday.

The Presbyterian Manse received a new coat of paint this week.

Mr. and Mrs. H. Roy Brown are back from their vacation in New Mexico.

Mrs. C. C. Garrison and son Fred Royce made a business trip to Plainview Tuesday.

Mrs. Ada Cox attended the Sing-

ing Convention in Gasoline Sunday.

L. T. Wood and Clayton Bond of South Plains were in town on business Tuesday.

Mr. and Mrs. W. T. Diviney attended the Singing Convention at Gasoline Sunday.

Mrs. Della Griffith attended a Welfare Institute in Plainview Friday and Saturday.

Mr. and Mrs. Womack of Quitaque spent Sunday with his brother, Bruce Womack and family.

William Bomar of Houston is visiting his uncles, Ray C., Jim, and Eck Bomar this week.

Mr. and Mrs. Ray Calthorpe and son visited in the Harrison home Monday.

Mr. T M McDonald visited in the home of Mr. and Mrs. Roy Teeter Thursday.

Mrs. Jim Moore of Brownfield spent the week end with Mr. and Mrs. J. S. Watson.

Raymond Bomar and Roy Brown were in Amarillo on business Tuesday.

R. G. Alexander attended the Old Settlers Reunion at Memphis last Wednesday.

Dan Montague and family returned from a short trip to Colorado, the first of the week.

Did you know that a clean suit is cooler. Bring it to the City Tailors.

Clarence Crow, who has been visiting here for some time, returned home this week.

Mrs. Carl Crow left Wednesday for Alvarado, Texas where she will visit with her father and other relatives.

H. P. McClendon, trustee of the Haylake School, was a visitor at the County Judge's office Wednesday.

I. F. Shaffer carried a load of cattle to the Amarillo market Monday. He was well pleased with the sale.

Mrs. Crawford of Tulia entertained a number of friends from Silverton and Tulia with a Mexican supper Monday night.

Mrs. J. A. Crow, mother of Carl and Stanton Crow, visited here last week on her way back to her home in Alvarado, Texas.

Wilma Joyce Smith who has been visiting her Mother in Tulia returned home the latter part of last week.

Mr. and Mrs. Fred Mercer and Mr. and Mrs. Coy Chappell are spending a few days in the mountains this week.

Mr. and Mrs. Bob McDaniel and family of Lockney spent Sunday with Mr. and Mrs. O. F. Kolb and Mr. and Mrs. Roy Teeter.

Elm Diviney went to Portales, N. M. Saturday after his wife and baby who have been there visiting for some time.

Mrs. Q. E. Brown and Althea, and Mr. and Mrs. Dan Montague and family left Thursday for a few days vacation in Colorado.

If you are nearly ready for your new fall suit, drop in at the City Tailors and ask to see the new samples.

Mrs. Irving McJimpsey underwent an appendicitis operation in the hospital at Amarillo Monday night.

R. M. Hill, C. D. Wright, and J. N. Morton are to be our County delegates at the State Convention in Beaumont.

Mrs. Charley Davis spent the week end with her father and he took her to her home in Amarillo Tuesday.

Mr. and Mrs. W. N. Dunn and Mr. and Mrs. Bryant Strange went to Ralls to see Mrs. O. L. Dunn Tuesday.

Mrs. Hermon Ely visited her sister, Miss Frances Wilkins, at Tulia, who recovering from an appendectomy.

Doc Jones and family are vacationing in Missouri. His home is at Lockney but he has been barbecuing at the Allard Barber Shop on Saturdays for some time.

Alta Mae Diviney of Grafrod, Texas is visiting with her father, W. T. Diviney and family. Alta Mae is employed in a bank a Grafrod.

Mrs. A. L. McMurtry and family and Mrs. Thacker and son went to Plainview Thursday afternoon. They attended a show and enjoyed a swim afterwards.

Mr. and Mrs. Durward Brown have moved to their new home, which they have just completed in redecorating the interior and new furnishing.

Mrs. Lois Cook and daughter have moved to the Doug Northcutt home, they have been living with Mrs. Pearl Strange. Mrs. Strange plans to visit relatives on the coast.

Miss Sudie Lee Foust, Mrs. Maurice Foust and Mrs. Hermon Ely and Frances Ann took Miss Madeline Avent, who has been visiting in the Foust home, to her home in Tulia Monday.

Mr. and Mrs. Wood Hardcastle and Mrs. Iris Peters of Amarillo, spent Thursday with Mr. and Mrs. R. F. Stevenson. Mrs. Stevenson and Mrs. Dean Allard went back to Amarillo with them.

Jake Honea left Tuesday for Glenrose, Texas, where he expects to spend a couple of weeks at the health resort under the care of doctors. Jake has been ill for the past month.

Mr. and Mrs. C. W. Norrid and Katherine and Joyce, left Monday for California where they will spend their vacation. They visited with relatives at Sante Fe on the way out.

Elmer Gilkeyson and family of Fort Worth has been visiting relatives here for several days. He has returned to his work as advertising layout man for a Fort Worth concern.

Mrs. John Lee Francis is in the Plainview Sanitarium after having undergone a serious major operation. No report has been received here as to her progress as we go to press.

Mr. and Mrs. Fred Mercer and Mr. and Mrs. Coy Chappell left Wednesday for New Mexico and Colorado for a vacation trip. They will be gone for a week or ten days.

Miss Roberta McMurtry and Vivian Burleson went to Plainview Saturday after Mrs. Joed Burleson who has been taking care of Mrs. Jimmy Long who has been quite ill. Mrs. Long returned with them.

Mrs. L. H. Thacker and son Louis, Jr. of San Benito, Texas have been visiting Mrs. A. L. McMurtry and family this week. They went to Tulia Saturday to visit Mrs. Crawford. Mr. Thacker joined them Monday. They will remain in Tulia for a few days and then return to their home. Miss Lorene Thacker who has been visiting Roberta McMurtry will return with them.

Dickerson Hand Lotion — a special formula for cracked-open hands. After shaving lotion. At Bomar Pharmacy, 25c and 50c.



Palace Theatre

FRIDAY and SATURDAY
AUGUST 5 and 6

"SUBMARINE, D-1"

starring ---
PAT O'BRIEN,
GEORGE BRENT,
WAYNE MORRIS,
See Uncle Sam's boys at work at the bottom of the sea

SUNDAY, MONDAY & TUESDAY
AUGUST 7, 8, 9

"Kentucky Moonshine"

starring ---
The Ritz Brothers,
Marjorie Weaver,
Slim Somerville,
Tony Martin,
—Selected Short Subjects—

We Owe It To You

We owe it to you and to ourselves to give you a Never Changing market for your . . .
Cream, Poultry, Eggs & Hides
Our policy is to always pay top prices for your produce and to give every customer their exact weight and tests at all times
Your Patronage helps us to obtain the best possible prices for you.

Cull and Treat your flock now, for egg production this fall and winter when eggs are higher.
Due to the fact that it is natural for poultry to come in contact with parasites and disease germs, we stress **A COMPLETE** treating that will take care of any curable diseased condition that might exist, such as inside and outside Parasites, coccidiosis, Cholera, Typhoid, Diphtheria, Colds, Roup and other diseases.
Our Remedies contain six articles that will do the job **complete** and we administer them to each individual bird on your farm, for no higher price than the purchase price alone of our remedies or any remedies that will do a complete treating job.
The International Poultry Remedies are registered by the United States Department of Agriculture, and by States having the most rigid Poultry Remedy Laws, for your protection.
Free diagnosis of diseased Poultry.
Let us take care of your flock now.

See us for Quality Ice
Yours for better prices at home,
Farmers Produce Co.
Earshel Garrison, Mgr.
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Practice Limited to Diseases of the Eye, Ear, Nose, and Throat
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PLAINVIEW — TEXAS

Plainview Sanitarium and Clinic

Plainview, Texas
Thoroughly equipped for the examination and treatment of medical and surgical cases.
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Robert H. Mitchell, M. D. Internal Medicine
R. G. Spann, M. D. Pediatrics
E. O. Nichols, Jr., M. D. Surgery and Gynecology
D. O. Hollingsworth, D. D. S. Dentistry
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X-Ray and Radium Pathological Laboratory School of Nursing

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— CURTIS KING —
Office on West Side of Square

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—PHYSICIAN—
Silverton, Texas

Cowart's FOOD Bargains

CORN FLAKES, Kellogg's	20c
3 packages for SOAP, Big-4	10c
3 bars only PEACHES,	95c
10 pound box FRUIT COCKTAIL,	15c
No. 1 tins CORN, Primrose,	25c
No. 2 cans, 2 for MARSHMALLOWS, 1 lb. pkgs.,	25c
2 for only LUX FLAKES, small,	15c
2 boxes for 2 packages Rice Crispies, and	20c
1 package PEP both for GULF SPRAY, 1/2 pts.	15c; Quarts 45c
Pints 25c; Quarts 45c	
CATSUP, 16 oz. tins,	15c
2 for COFFEE, Folgers	25c
1 pound cans OLIVE OIL 1/2 pint, 30c;	
Pints 55c; Quarts \$1.00	

Store No. 687
M SYSTEM
SAVES FOR THE NATION

TO VOTERS OF PRECINCT FOUR

I did not get my card of thanks to you in last weeks issue. But I sincerely appreciate your vote and confidence in returning me as Commissioner of Precinct 4. I will work harder to fill the office to the best interest of every voter.

Thanks,
J. R. FOUST

EVEN the folks who travel by thumb can't get around so much cheaper than you can. Just drive in to Your Mileage Merchant's and get all the low-cost mileage of his genuine Conoco Bronz-z-z Gasoline.

CONOCO BRONZ-Z-Z

from Your MILEAGE Merchant

CONOCO SERVICE STATION, Silverton, Texas

WILLIAM MACLEOD RAINE'S

To Ride the River With

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CHAPTER XIII—Continued

Morgan Norris killed Buck Con- and freed Lou. How many men has your father besides himself. Others will be here after a while. ...

"Anybody seen Clint Duke?" he asked. "They must have got him up there," someone said. "Where did all those fellows come from?"

"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."

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.



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

"I wasn't there. I left him. . . . after he was wounded. . . . "It isn't true," she denied. "I thought I had to go to save him. Before I got back they had . . . "

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.

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.

CHAPTER XIV The barking of Ransom's dog up- the plans of Morgan Norris for surprise. He had forgotten about the dog, though everybody in Tall . . . "

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 . . . "

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.

Jeff slipped around the corner of the Presnal boarding-house to the roof. 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.

either of the routes can be made than the plan of the St. Lawrence. In case of an emergency he could have saved his breath. . . . "Let's get down on the rocks above and send down on the cabin. They'll be scuttling out like rabbits if an avalanche doesn't kill them."

"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."

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.

Snakes Do Not "Dance" When a snake sways to the trills of an Indian snake charmer's flute it isn't "dancing"; it is in deadly earnest. The snake has no respect whatsoever for music, sways only to aim a blow at the charmer, who, too, is swaying. The only reason India's snake charmers, indeed, most charmers, don't succumb to the attacks of their "pets" is because the snake's fangs have been removed. It's a rare snake "tamer" who plays around with a creature capable of doing much harm.

Cool, Slim-Waisted Frocks

THESE last few hot weeks will be a whole lot easier to bear if you have some fresh new dresses to wear around the house—cool, slim-waisted styles that are finished enough for shopping and porch wear too. We've picked out two that we know you'll like, one for slim figures and one for large. Both are very, very easy to



make, for of course nobody wants to undertake laborious sewing these days. And both are easy to wash and iron. A detailed sewing chart comes with each pattern. Day Frocks for Slim Figures. This little dress is right at the top of new fashions, with its gored skirt and shaped square neckline.

Day Frock for Large Figures. You'll find this straight, well-cut dress one of the most becoming, most slenderizing, you ever put on. It has a deep v-neck and short pleated sleeves for coolness and comfort. It's very easy and unhampering in line, so that you can work in it comfortably.

Success in Sewing.

Success in sewing, like success 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.

HOW to SEW By RUTH WYETH SPEARS



HAVE you door space going to waste? There is always the inside of a closet door—even in the tiniest apartment. A pocket like the one shown here gives a place for shoes, whisk broom, hat brush, shoe brush and even a dust cloth to have within easy reach when tidying up the bedroom. A large pocket at the bottom takes care of small pieces of laundry.

Favorite Recipe of the Week

Tutti-frutti Ice Cream. (Automatic refrigerator) 1/2 package (scant 1/2 cup) vanilla ice cream powder 2 tablespoons sugar 1 cup canned pineapple juice 2 tablespoons maraschino cherry juice 1 cup cream, whipped 1/2 cup canned crushed pineapple 6 maraschino cherries, diced 2 tablespoons broken walnut meats

NOTE: Every Homemaker should have a copy of Mrs. Spears' book, SEWING, for the Home Decorator. Forty-eight pages of directions for making slip-covers and curtains; dressing tables, lampshades and many other useful articles for the home. Price 25 cents postpaid. Ask for Book 1, and address Mrs. Spears, 210 S. Desplaines St., Chicago, Ill.

All Is Fair Even If It Is a Dog's Life

He was a pork butcher, and he and his sausages had done very well indeed in the town—until a rival came along and, by undercutting and pushful publicity, started to take all the trade. Butcher No. 1 was sitting in his shop musing on what the inside of a poorhouse would look like, when a bright idea suddenly struck him.

MOROLINE SNOW-WHITE PETROLEUM JELLY LARGE JARS 5¢ AND 10¢

Healthful Friendship There is nothing so hygienic as friendship.—David Gregg.

IS WHERE YOU FIND IT! Gold YOU FIND IT! If you have \$25 to \$250 idle money, put it to work for you in a most promising Pacific Coast opportunity which should earn you a measure of Future Security and Freedom from Financial Worry for the rest of your life!

AROUND the HOUSE Items of Interest to the Housewife

More Meringue.—A teaspoon of cold water added to the white of an egg before beating will give a double quantity of meringue. Keep Peas From Burning.—If a slice of bread is put in the kettle when making pea soup the peas will not sink to the bottom and burn. Don't Wrap Ice.—It is poor economy to save ice by wrapping it in heavy paper or cloth; such a covering insulates the ice from the rest of the refrigerator.

UNA and INA win over the Woman-Haters...

NOPE YOU CAN'T GO GIRLS ALWAYS GIGGLE AN SQUEAL AN SCARE THE FISH WE WILL NOT! AN PLEASE— WE'LL MAKE YOU SOME GRAND ICE CREAM IF YOU'LL LET US GO YOU'LL MAKE ICE CREAM? GOT BIG IDEAS? HAVEN'T YOU? THERE NOW LOOK! ALL WE DID IS ADD MILK AND CREAM TO JELLO ICE CREAM POWDER AN THEY ALL TASTE SCUMDIFEROUS AN ONE PACKAGE MAKES A WHOLE QUART AND A HALF! 8 B HELPS NOW! YOU LET US GO? WELL—UH ... UH ...

Trade with those who advertise. Mr. and Mrs. Woodard of Kellyville visited Mr. and Mrs. J. B. Porter last week end. Mr. Porter returned with them for a visit.

Quitaque News

W. Harcastle was a business visitor of Quitaque Monday afternoon.

Earl Wise of Amarillo was attending to business in Quitaque Friday afternoon.

Mr. and Mrs. J. B. Russell were visitors of Childress Saturday.

Grady Starkey and daughters, Billy Beth and Peggy Ann and Mrs. Smith left Saturday for California to spend their vacation.

Phillip Hamilton was a visitor of Silverton Monday.

Miss Mary Keever returned from Wichita Falls Sunday where she has been visiting friends.

Dr. and Mrs. E. C. Price returned from Capitan, N. Mexico Monday where they have been spending their vacation.

Mrs. Henry Gardener and son Henry and daughter Emily Margaret are visiting in Sherman.

Mrs. Norman Hamilton, Mrs. Norval Hamilton and son Robert, and Misses Koren and Katherine Keever were shopping in Amarillo Monday.

Miss Jonnie Womack has returned from attending the Young People's Conference held at Mt. Sequoia, near Fayetteville, Ark.

Mr. and Mrs. Tim Moore and children visited in Estelline Sunday.

Mrs. Alton Johnson and son returned from Tucumcari where she has been visiting her sister, Mrs. Earl Hedgecock.

Mr. and Mrs. E. W. Scheid, Mrs. Ernest Tunnell and boys were Plainview visitors Saturday.

Mrs. Jim Burleson visited her daughter, Mrs. Amos Persons, Jr. Friday.

Mrs. O. T. Bundy and little grand daughter, Joni Jo of Silverton, Mrs. L. W. Kiker and son Lewis of Plainview, and J. C. Smylie of Lampasses visited Mrs. Smylie, Mary Jo and Russell Tuesday afternoon.

Wallace Locals

Mrs. Mary Edwards and Uncle Buddie Edwards visited Mr. and Mrs. M. M. Edwards Sunday evening.

Mr. and Mrs. Jake Spencer and children, Zona Gale and Jerry Lynn, visited Mr. and Mrs. George West Sunday.

Mrs. M. M. Edwards and son, Edward called at the George Jones home Monday evening.

Mr. P. M. McDonald and daughter, Mrs. Nona Gentry, of Lockney visited Mr. and Mrs. M. M. Edwards Thursday morning.

Mr. W. N. Edwards and Mrs. Mary Edwards and Mr. M. M. Edwards Monday to see Mrs. F. A. Fisch.

Noel Deavenport called at the M. M. Edwards home Monday evening.

Mr. W. N. Edwards and Mrs. Mary Edwards and Mr. M. M. Edwards and son Edward, took dinner with Mr. F. A. Fisch and son, Berle, Tuesday.

SEVEN WAYS TO GET A JOB

By Gordon McCarley

Get an ax on some one who has an ax on some other big butter and egg man who may make a place for you in his concern. Blackmail to say the least! The popular term is politics.

Marry a manufacturer's daughter. He may put you in charge of all janitors and building keepers around the plant just in order to keep the money in the family, and then of course, so that his daughter can maintain her high standard of living.

Be the only master of some particular art or trade within a four-hundred mile radius of the proposed place of employment and try to turn up nine seconds after the boss has finished firing the guy whose job you are after.

See the personnel director, personally, and in private — if you can and sometime during the course of your filling out application blanks, which only makes more work for the trash collector anyway, pull a forty-five or a Tommy gun and insist that he or she at least give you the telephone number of the boss.

Take a five-hundred dollar cashiers check to some small business concern that has advertised "will hire able-bodied man, small investment required", and they will put you to work even though they may see fit to lay you off after they have had time to go to the bank.

Get a fire inspector's badge with a view to checking inside gas connections and flues. Any wide-awake company selling household necessities can immediately appreciate the possibilities you have for coming face to face with some of the less skeptical housewives and may put you on.

Arm yourself with a sharp lawn mower and begin cutting grass on the first yard you come to. If the owner sees you and makes no protest, you can collect wages for it according to law.

A made-to-measure suit that is guaranteed to fit at no higher price than a ready-made suit. — City Tailors.

Lubbock Sanitarium & Clinic
Medical, Surgical, and Diagnostic

- General Surgery
 - Dr. J. T. Krueger
 - Dr. J. H. Stiles
 - Dr. Henrie E. Mast
- Eye, Ear, Nose & Throat
 - Dr. J. T. Hutchinson
 - Dr. Ben B. Hutchinson
 - Dr. E. M. Blake
- Infants & Children
 - Dr. M. C. Overton
 - Dr. Arthur Jenkins
- General Medicine
 - Dr. J. P. Lattimore
 - Dr. H. C. Maxwell
 - Dr. U. S. Marshall
- Obstetrics
 - Dr. O. R. Hand
- Internal Medicine
 - Dr. R. H. McCarty
- X-Ray & Laboratory
 - Dr. James D. Wilson
- Resident
 - Dr. J. W. Sinclair

C. E. Hunt Superintendent J. H. Felton Business Mgr.

X-RAY AND RADIUM PATHOLOGICAL LABORATORY SCHOOL OF NURSING



NOTICE—All kinds of furniture repairs, saw sharpening, any kind of household repairing.
J. N. MORTON

WANTED—A caliche pit within three miles of Silverton.
SEE DOC MINYARD

FURNISHED rooms for rent. 17-2tp Mrs. M. C. Potter

FOR SALE—A few choice Hampshire gilts—pure bred, subject to register, wt. 200 lbs. Priced at \$25.00. 17-1f TOM BOMAR

FOR SALE—Registered O. I. C. pigs, 8 weeks old. 16-3tp SEE R. E. BELL

Six big magazines and the Briscoe County News, a full year, for only \$2.50.

Used Machinery

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Three Reconditioned Farmall Tractors
They look like new—and they are not only painted but reconditioned from top to bottom!
They carry a New Tractor Guarantee

One McCormick Deering 4-row Lister CULTIVATOR, good shape.

One 2-row Farmall CULTIVATOR.

One 8-foot McCormick Deering Disk HARROW.

One McCormick Deering 20-hole, power lift type tractor GRAIN DRILL

One 18-36 Hart Parr TRACTOR

One Farmall 2-row Lister Planter

One 1929 Chevrolet TRUCK

Twelve Head of Mares, Mules, & Colts

Everything is Priced to Sell — they won't last long—Come in today! Machinery may be seen any time at our place in Silverton!

Tull Implement Company

Silverton Telephone 36

Mr. and Mrs. Parker Rampley Anis and Claynelle Fowler and family attended the Singing the week end in Amarillo with Convention in Gasoline Sunday. latives.

OPEN HOUSE

at the
WILSON PRODUCE and Feeds

First Door South of Bomar Pharmacy
Silverton, Texas

Saturday, August 6th

2 TIL 6 P. M.

Free Punch and Free Cookies

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Served By
Wilson Produce
Are Baked From
Master of the Plains
FLOUR

We Invite You To Try This
Flour in Your Own Home
—PLAINS MILL & ELEV.—

These COOKIES

Are Baked By
The Silverton Bakery
Let us do your baking for you. We specialize in baking for Parties and Special Occasions.

Use Golden Krust Bread
Baked at Your
— SILVERTON BAKERY —

BE OUR GUESTS

X

MARKS THE SPOT
of greatest wear in your motor — almost always a spot that is hard to lubricate, and usually a fast-moving part.

Either Panolene or Quaker State Oil will find these spots of greatest wear, and will cut down wear and tear on your motor by efficient and lasting lubrication.

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—Keith Pearce—

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— ADVANCE SHOWING —
of new
— FALL MERCHANDISE —

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