



| THE READER'S DATE BOOK- |
| :--- |
| Thanksgiving I a Family Day <br> Dedicated to Giving Thanks | Dedicated to Giving Thanks

ORT Stevens
Few Washingtonians Know Story Of Stockade in Center of City



Midobeast bound
 air operation since Berlin air lift. Rumors indieated these
men were bound for eifter Suez Canal zone or Anglo-E Syptian
Sudan as reinforcements.

| MIRROR | Tot Sees Self |  |
| :---: | :---: | :---: |
| Of Your | In | In Animels <br> MIND |



Meat, Other Proteins Are Daily Need

| I WRITE OFTEN a bout meat, despite the fact that it is ex. pensive, because all the new research work on food and nutrition establish the fact that it is now known to be the most important known to be the most This is be- food of the daily diet. cause meat is rich in protein. the builder of new and repairer of old or worn cells of the body. <br> Meat is important for every inunderweight or overweight. It meets the needs of the individual boy, girl, man or woman of normal weigh because ody cells. It and repairing of meets the needs of the undervin any solid or muscle tissue gained, and it helps to reduce weight because of its extra or dynamic action in burning up fats and starches and preventing the storing of fat in and on the body, Research workers have found that neret nat stimu- starches have so direct lating effect upon our tissues. |  |
| :---: | :---: |
| $\star$ HEALTH | NOTES |
| Any bending exercise, taken reg. ularly, if only for five minutes, will help keep fat off abdomen. | Instead of just a skin specialist studying a skin disease, a psychiatrist should be present too. |
| The skin contains the sweat glands which help regulate the temperature of the body. | The skin is an organ and just as portant to our health as other gans of the body. |
| As overweight does not come on in a matter of a few weeks or days, it will take many weeks, or even months, to get rid of it safely. | One attack of coronary thrombosis does not mean that the patient is domed to another attack and death. |



Timinice
for Nursing this year St.joseph hanpinin
AN OLD STANDBY


LIVER AILING? Yous Too Can Dopend on Lanés gymoulctrs Powerful nourishment!
 How To Relieve Bronchitis
 CREOMUESION




## BLOCKER GROCERY

"Trade Goes Where Invited, riays Where Treated Best" Specials For Friday \& Saturday Peaches 29c Heart's Delight, no $2^{1 / 2}$ can in heavy syrup
Spinach 15c
Vienna Sausage 3 for 25c
Hostess

## Coffee 83c

Folesen 10 nes orstaip Milk 3 for 39c
Toll cour corentaro or per
Kleenex 2for 45
loses. bot so 10 coent pineap'le Juice29

## DREFT 27c

 Large BoxWIR MELLIREID OV IIIEI PRIICSS
A Whale of a Sale Loader with Bombshell Prices: Here are savin for Holiday shoppers. Save on gift Items for the whole family: Use 0 Law Away Plan. Sale begins Thursday morning Nov. 29th of A. M. Promptly

LADIES SUITS
Val. to 24.95 Val. To 29.95 Val to $\$ 39.95$

LADIES COATS
Values to 24.95.
$\mathbf{\$ 1 2 . 8 8}$ Values to $\$ 45.00$............... $\$ 18.88$


Values to $\quad 12.98$
....Because of limited size of this ad we call your attention to our lar circular which is going out by mail and will be in your home Thursday.

## O'Donnell Bargain Store



Weekend Specials
Baby Food 3 for Corn 3 for $25 c$

Crackers 25c 1 lb Sunshine
Salad dressing $36^{c}$
Shampoo 59c
$\frac{\text { Modart 75c size }}{\text { Cheer, Vel or Supersuds 28c }}$ Sugar 49c stb Viennas $3 \quad 25$

Sausage: Del Valle Juice 29c

Bolognia 5 Al met pertb

Yeast 3 for
14 - Del Mont 4

If you need a good used " $M$ " and Equipment, we have 3 priced to sell
We have a new ' $M$ " with Equipment; Also have 4 row cultivators, Listers and Planters; let us fill your needs now.
No. 37 ft. one way with 26 inch disk, Timken bearings in all 3 wheels. This is the cheapest one way on the market

## 0'Donnell Implement Co.

