


The Slaton Slatonite, Friday, January 27, 1939


## THE LIFE OF THE PARTY

BY ELIKABETH JORDAN

## $=$



| Hundred-Acre Isl Nucleus of W | Forms From k of Big Sidew |
| :---: | :---: |
| Brandywine island is about 17 |  |
|  |  |
| mphis, |  |
| Mem |  |
| delongs |  |
| the foot of Brandy |  |
| nd, or Islands 40 and 41. As |  |
| but the | Meaning of Gaelic |
| At the |  |
|  |  |
| Arkansas d No. 37. |  |
| or many years |  |
| e Mississippi river ran on the |  |
| Centennial cutor, cha | that the term. "Gaelic" in its |
| Une channel to the Arkansas side or | - |
| ing risinds 40 and 41 to the Arkan- | Irish Gaelic, Scotish Gaelic, elo. |
|  |  |
| wine critat people waik |  |
| However, during the high |  |
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What to Eat and Why
C. Houston Goudiss Analyzes the Food Values of Nutsi Discusses Their Place in the Menu By C. houston goudiss
$T_{\text {versal. It is is eaten with relish by people in almost every }}^{\text {HERE }}$ quarter of the globe. It forms a main article of diet for the
natives of some tropical countries, and is said to have been important in the dietary of early settlers in America. I refer

| Nuts, of course, are seeds. But unlike most other seeds used for food by man, they grow in a hard shell that does not open naturally when ripe. |  |
| :---: | :---: |
| This forms a sealed package which makes nuts easy to store, and comparatively easy |  |
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| A Concentrated Food Nuts are a highly concentrated food and provide a large amoun |  |
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|  |  |
| of food value in a |  |
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| y mighte, poritat ${ }_{\text {appear }}^{\text {in the }}$ |  |
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| different kinds of nuts, and they vary in composition. Some of |  |
| them contain large amounts of both protein and fat. Others con-tain a preponderance of fat, while |  |
|  |  |
| a third group is starchy, |  |
| been found to be rather similar to |  |
|  |  |
| most nuts are classed as complete proteins, meaning that their pro-tein is of a type which is capable both of supporting growth and repairing worn-out body tissue |  |
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| Comparison With |  |
|  |  |
| similar in nutritional character nuts have been compared to protein |  |
|  |  |
|  |  |
|  |  |
| teins of some grains. <br> The high fuel value of many |  |
| nuts is due to their fat content. Coconuts, pecans and walnuts are |  |
| cially rich in fat, containing |  |
|  |  |
| cent, and 64.4 per cent of fat. A |  |
|  |  |
| and Chinese, are more notable for |  |
|  |  |
|  |  |
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Constipated? You Should Get at the Cause!
 aried chesteover 4i per cent
ditle over 74
cent of






TIPS to
Gardeners
POSITIVEIY!
$==0$
LUDEN'S

packets must be read carefully
when seeds are bought, and the
whe
parectuly worked outt
Creeping plants, for instance,

spaces. Traing plants should
alowed to droo over the face
rocks, or they may be placed
In smaller or wrices, turte
plants with rosettes of foilage a

expert.
True rock garden plants grow
less than 10 inches tall. Use only
native haunts-those th
by nature
menthol couah drops 54


Palace Theatre, Preview Sunday
and Monday

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[^0]| $\begin{aligned} & \text { Por orour Mort } \\ & \text { Pervoit } \\ & \text { Visit the } \end{aligned}$ | Martin's Jewelry |
| :---: | :---: |
| Artcraft Studio |  |
|  |  |

Hatched In Slaton
see them-cull them bafore
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driver.
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tation is eliminated.

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Chuck full of bargains Only Two Days Remain to take advantage of

Where You Do Better


## Fun for the Whole Family



By J. MILLAR WAT

## 


 on once stayed at this inn?"
"Quite true," reppised the propi-
etor. "He slept in the very room
俍 etor. "He slept in the very room
you had last night, and, what is
more, he used the very same bed."
"Ah," said the tourist, "now I "Ah," said the tourist, "now I
know why he was called the Iron
Duke."-Tit-Bits Magazine. Revenge Coming "Jeepers!" quavered the high
school lad "Tmm gonna be initiged
into Etta into Etta Rho Dent t'night an' I'm
scared stif!" "Why?" asked a chum. my second-hand weeks ago I sold
nity president!"-W trater -Weyond His Means "What, youn own a means
up-to datate houses and up-to-date houses and haven't got
one to live in yourself?",
"That's so. You see, r've raised "That's so. You see, r've raised
the rent somuch that I can't afford
to pay it."-Stray Stories Magazine.

HELPFUL


BUSINESS COLLEGES FEDERAL GRROUTITS PREEERRED A.

Sun Down, Accidents Up When the sun goes down, trame
accidents
go up
upore
than
oo
 Satety Council reports. Since
abouta at third of the driving is onone at nifhtht it estimates, the number
of tramict deaths per mie is bout


 says, and only 17 per cent in initios
Adequate
lightith and and divice

dive | hifhawass tend tor reduce headilight |
| :--- |
| gilare and ancilidens, the council | said. Some states are experiment-

ing with new reflector buttons placed along the side of the road
to show the alignment of the highway on curves, hills and other
hazardous places.


What's What
Boogy-Money isn't everything Woogy -Maybe not, but every
hing is nothing without it. A Three Days' Cough Is Your DangerSignal


 less potent than Creomusion wiubl
goen right thin seat of tho troublo
and alds nature to soothe and heal the infamed mucous membranes
nad to loosen and expel germ-
noden
 sion. Your druggist is authorized to



Joys Concealed
He who can conceal his joys, t greater than he who can hide his
rriets.-Lavater.



PENETRO
NEW IDEAS


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[^0]:    155 N. 9th

