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WORK AND GLORY: Let Thy work, Lord, appear unto Thy servants, and Thy Glory unto their children. Psalm 90:16.

ABE MARTIN



Notin' takes th' starch out of a great man like bein' introduced t' somebody that dont seem t' think nothin' of it. Some folks belong t' ever' thing 'cept th' Credit Men's Association.

Fear of Prison Leaves Imprint On Earl Carroll

NEW YORK, Oct. 24. (AP)—The New York American today printed a copyrighted article by Earl Carroll, theatrical producer, who was paroled from the federal penitentiary at Atlanta last week, in which he paints a picture of prison life as "a tragedy that struck terror to my mind." He fears he will never shake that terror. After stating that there are 3200 men in the prison, Carroll, who served part of a sentence of a year and a day for perjury in connection with the "girl in the bath tub" episode, says: "There is a corridor there, a long sepulchral lane along which each day there marches this army of forgotten men. It is a silent army, for during their passing over the stone floor there must be no word spoken, one to another. "The constant passage of so many leaden feet has worn two grooves or ruts in the pavement. Even when the light is dim and you can't actually see those ruts, you can feel the depressions as you shuffle your feet. And in those stone furrows are played and planted the souls that go there. "That is the road the men tread who have sinned against society. I don't know the answer. Certainly there is need for the protection of society and its answer is prison."

To Investigate Alleged Shortage

PENDLETON, Ore., Oct. 24. (AP)—Alleged shortages in the accounts of Sheriff R. T. Cookingham of Umatilla county, and Justice of the Peace Nicholas Berkeley will be probed by a grand jury now in session, according to instructions given the jurors by Judge Alger Fee of the circuit court here.

PORTLAND, Ore., Oct. 24. (AP)—Nine persons were rescued from the ocean near Waldport, Ore., yesterday by a Portland outfit party after a car from Philomath, Ore., plunged into a deep indentation of the bay. The rescuers did not learn the names of the persons saved. They appeared to be members of the family. The oldest was a grandmother and two were infants.

SLAIN AND SLAYER



Bloodhounds May Find Missing Boy

EUGENE, Ore., Oct. 24. (AP)—A story of hope came today from the Swisshome district, where the search is on for Earl Pierce, 13-year-old boy scout from Eugene, lost in the mountainous country since last Thursday. Tracks of the missing boy were found Sunday, and bloodhounds were put on the trail before daylight this morning. Rodney Roach, Lane county deputy, is in charge of the dogs.

REDFERN'S HELMET FOUND?

WASHINGTON, Oct. 24. (AP)—The state department has received by mail from the consulate at Georgetown, British Guinea a water-proof helmet of American manufacture which may prove to be a clue to the fate of Paul Redfern, missing Itanewick, Ga.-Brazil aviator. The helmet has been sent to Redfern's backers for positive identification.

BROTHER OF QUEEN DIES

SHREWSBURY, Eng., Oct. 24. (AP)—The Marquis of Cambridge, brother of Queen Marie, died at 5:05 o'clock this afternoon.

HEALTH

FATS GIVE US ENERGY

By R. R. Kime, M. D., Orlando, Fla.
Member Gorgas Memorial
The chief source of energy in the body comes from fats and carbohydrates, and the minimum amount of fats needed daily is estimated at from twenty-five to fifty grams for the average person. One gram of fats produces nine calories, or one pound 4,932 calories, while one gram of carbohydrates produces four calories, or one pound 1,814 calories.

Fat is a much more concentrated food and smaller amounts should be eaten. An excess of fat in one's diet forms a coating of food and retards the gastric digestion. Fats with low melting point and finely divided or emulsified digest better. About 30 per cent of the calories consumed as food each day should be fat in some form. Animal fats as a rule are more easily digested and contain more vitamins which aid in their absorption and usefulness as food. Milk, butter, egg yolk, fat meats, lard, olive oil, cod-liver oil, and coconut oil are the chief sources of fats as food. Lard and vegetable oils have less vitamin content. Cod liver oil is especially rich in vitamins.

Vitamins, essential factors for life, growth, health, and reproduction, have up to the present time been classified into the following varieties: Vitamin A, which prevents disease of the membrane covering the eyeball; vitamin B, which prevents peripheral neuritis, affecting nerves of motion and sensation; vitamin C, which prevents scurvy, disease of the gums and teeth, purpuric hemorrhages, etc.; vitamin D, which prevents rickets, a disease of bones resulting in softness, deformity and change in structure; vitamin E, called vitamin X by some investigators, has not yet been definitely settled, but most authorities claim it prevents or relieves sterility. Many foods are rich in vitamin content, some containing even more than one.

Since science has proved that to meet the needs of the body food must contain protein, carbohydrates, fats, vitamins, and minerals, it certainly demonstrates the folly of fads and fashions of living on any one class of foods alone unless a person is sick; then such person needs a physician to give advice as to diet. Ordinarily one can easily select a diet that will meet all demands of the body by

New Novelty Jewelry

Bracelets, Mosaic Pins, Antique Brooches
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for Over 25 Years

Here's a Recipe For Pudding for Christmas Dinner

LONDON (AP)—The recipe for this year's empire Christmas pudding has just been announced by the empire marketing board. It was supplied by Mr. Cedard, the king's chef.
Twelve dominions, colonies and eating regularly a properly balanced ration of protein, fats, and carbohydrates, being careful to include milk, green vegetables, and fruits. About 10 per cent of the calories taken as food daily should be protein, 30 per cent fats, and 60 per cent carbohydrates.
Such a diet regulated according to age, size, and amount of exercise taken will furnish all the nourishment, vitamins, and minerals the body needs for growth, health, and long life. If the diet is limited principally to milk and a few cereals, then orange juice or tomato juice must be given to prevent deficiency diseases.

NATIONAL SERVE-YOUR-SELF STORES

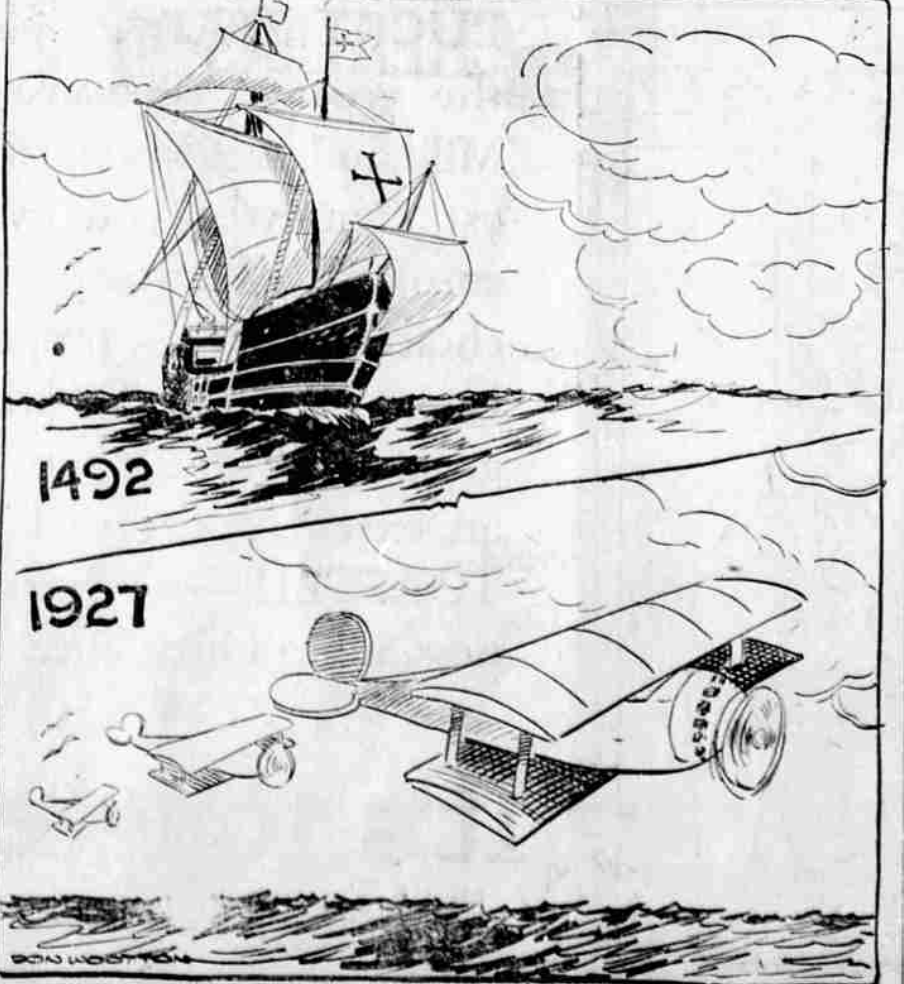
Across from Bohnenkamp's
WOMEN'S DRESS SHOES
Arch-Support Shoes
In button and ties, brown and black. They have the combination last. Priced at \$3.85 and \$4.85
WOMEN'S SILK HOSE
Service weight silk-to-the-top hose in pointed heel. Seven colors. 93c

'Hot Dog!'



Fido is Billy Wallace's bodyguard, and he's dependable. So when the Wallace family, residents of Holdenville, Okla., left Fido in Muskogee at the home of relatives Fido didn't like it. He hiked the 89 miles and arrived home soon after the Wallaces. But he was a hot dog, and tired, when he got there.

STILL PIONEERING



Your Income Tax Blank

Allows "Reserve for Depreciation"

In modern business the question of depreciation plays an important part. Furniture, fixtures, machinery, stocks of goods, office equipment, motor equipment, etc., all depreciate in value.

Your constant loss through depreciation is recognized by the federal government—but too frequently it is not recognized by the way a man runs his business.

Fixtures, machinery, and other things wear out—become obsolete. There comes a time when they have to be replaced with new things.

That's what the "reserve for depreciation" is for—permitting a gradual, month-by-month accumulation of a reserve fund so that the replacements can be made without embarrassing or handicapping the business.

You can make your reserve fund an investment as well as a protection by using our 4% Certificates of Deposit. We'll be glad to discuss the matter if you are interested in establishing such a reserve.

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for Union County will be issued soon.

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