

# McClay's Stores

Home Owned and Operated

Store No. 1  
1704 Adams  
Phone M 515

Free  
Delivery

Store No. 2  
2916 N. 2nd  
Phone M 109

**Potato Chips**  
Fresh and Crisp,  
Home Product  
3 Packages ..... **23c**

**Cottage Cheese**  
Full of Cream  
Per Pint ..... **19c**

**Bacon**  
Carstens Sugar Cured  
Sliced  
Per Pound ..... **29c**

**Prunes**  
Dried  
Extra Nice  
3 Lbs. For ..... **29c**

**Pineapple**  
Broken Slices  
2 1/2 Tins  
2 Tins For ..... **45c**

**MEAT SPECIALS**  
for  
**SATURDAY**

**Sausage**  
Per Pound ..... **19c**  
Country Style

**Beef Roast**  
Per Pound ..... **17c**

**Rice**  
Blue Rose  
Head Rice  
4 Lbs. For ..... **25c**

**Hominy**  
9-lb. Sack,  
Each ..... **43c**

**Soap**  
Cream Oil or  
Palmolive  
4 Bars ..... **29c**

**Tomatoes**  
Standard  
No. 2 1/2 Tins  
2 Tins For ..... **25c**

**Clorox**  
Try it for  
Bleaching  
2 Bottles ..... **29c**

**Chocolate**  
Ghirardellis  
1-lb. can  
Each ..... **34c**

**Fresh Fruits and Vegetables**

**Yellow Turnips**  
Firm, very Nice  
4 For ..... **15c**

**Oranges**  
Sweet  
2 Doz. For ..... **49c**

**Lettuce**  
Firm and Fresh  
Per Head ..... **5c**

## Are your Youngsters Under-Breakfasted?

The heavy American breakfast is a thing of the past. This is probably a wise change. But the American temperament goes to extremes. The skimpy breakfast is as bad as the heavy one. Young, growing bodies need H-O Oats. It is the balancing food for under-breakfasted folks.

New style H-O cooks in 2 to 3 minutes... the *quickest* hot breakfast. H-O Oats are toasted and the flavor stirs the appetite. Even a small dish added to the morning meal demonstrates the "staying" quality of this remarkable cereal.

The Hecker H-O Company, Inc.  
Buffalo, N. Y.



**THIS MIRACULOUS PLUME OF LIFE AND HEALTH**

The robust oat, born of the sun and the soil, contains fat, mineral salts, protein, phosphorus, sugar and starch. Vital elements for the human body... priceless. The more you know about oats the more you realize they are the kindly little friends of all mankind. We, the sponsors of H-O, respect the oat so highly that we give it the most exacting preparation known to the modern civilized world.

### Beauty Contests Not So Easy Now; Galveston Entries Face New Rules

GALVESTON, Tex. (AP)—The business of bathing beauty competition, like some other lines of endeavor, is tougher than it used to be. Contestants in the 1931 international beauty pageant here must measure up to new standards of health, appearance and physical perfection. Doctors will serve as judges in the preliminaries to testify as to the naturalness of entrants' hair, teeth and complexion. An entrant must be not less than 16 nor more than 25 years of age, unmarried, and a bona fide resident of the locality she represents for at least six months. She must be proficient in at least one sport, and she must not smoke nor drink.

But if the qualifications are more stringent, the rewards are greater. "Miss Universe," the grand champion, will receive \$2,500 instead of the \$2,000 awarded last year. Winners of second to fifth places will receive prizes ranging from \$500 to \$100 in addition to stage and screen opportunities.

### Health Talks

**INFANTILE PARALYSIS SERUM.** Research laboratory reports indicate that an effective anti-polio serum (a serum for infantile paralysis) with which we may be able to stop the ravages of this disease. Our use of serum (the liquid part of blood) in the treatment of infantile paralysis has so far been limited to that taken from former victims of the disease. The basis for the use of this serum is in the belief that persons recovering from poliomyelitis have in their blood substances which can counteract the disease in others. Because, however, this serum has not proved very powerful, and because of the difficulty in securing it, efforts have been made to develop the serum in animals. Horses have been used in these experiments and recent reports indicate the possibility of the production of an effective anti-polio serum by injecting brain and spinal cord substances, known to contain the viruses of infantile paralysis, into a horse. It has been found that, after a period of time, the horse's blood contains immunizing substances. This, according to the reports, has been established through experiments upon monkeys. Monkeys are susceptible to infantile paralysis. A number were injected with the virus of poliomyelitis. Then some of them were then treated with the anti-polio serum derived from the treated horse. Those given the serum survived without injury, while the untreated ones died. The serum has been applied in the treatment of more than sixty cases of human poliomyelitis and in each the results were favorable. If, therefore, on further test, the anti-polio serum proved equally effective, we may indeed be in a position to deprive one more plague of its terror.

**DEFECTIVE DIET.** That defective diet could produce disease was first experimentally demonstrated by the late Dr. Christiaan Eijkman, eminent scientist and winner of the Nobel prize. More specifically, Dr. Eijkman, professor of hygiene in the University of Utrecht, discovered the cause of a disease known as beri-beri, common in the Far East. The story of his discovery is interesting. In 1896 Dr. Eijkman was stationed in a settlement in Java. He noticed that the fowls on a cooked rice which was left over from the diet fed to the patients in the hospital to which he was attached developed a peculiar disease. The symptoms of the disease affecting the fowls were similar to those of beri-beri in humans. This led him to conclude that beri-beri was the result of defective diet. By a series of experiments on birds he conclusively demonstrated that disease could always be brought on by an exclusive diet of polished rice. He further demonstrated that the disease in birds, and beri-beri in man could be cured as well as prevented by a diet of whole rice or by adding to the diet the milling wastes of polished rice. Dr. Eijkman's work was, therefore, in a sense a pioneer study in that vastly important and still but partially understood realm of vitamins. Subsequent to Dr. Eijkman's discovery, others continued the work and developed our knowledge of the so-called deficiency diseases, their cure, and prevention. Beri-beri is but one of a group of diseases caused by vitamin deficiency. Today we know of a number of such diseases, including beri-beri, scurvy, rickets and pellagra. We have also definitely established the existence of at least six vitamins.

**WHERE TO SHOOT.** Just how this royal salute can be arranged is what worries the state department. The party will cross into the United States somewhere in North Dakota. The exact spot for the shooting is a remote section of the state, removed from the necessary facilities for such a salute. What is to be done? Shall a detachment of troops, and a cannon be dispatched to the point where His Majesty first touches the country, to blaze away when he crosses the border, or shall the salute be delayed until he reaches Washington and be fired on the Union Station plaza? That's what must be decided. However, those who must make the decision see one ray of hope. The king has indicated that his reception be kept as informal as possible. Until he gets to Washington he will travel incognito, but then a king is a king and must be received according to protocol. At any rate, the state department regards the situation as a matter of real concern, and will consider the question from every angle before a final decision is made.

**OPERA HIT GIVES PORTUGAL NATIVE "TALKIE" INDUSTRY LISBON (AP)—**The Portuguese talkie industry is rapidly growing in popular favor. After the spectacular success of "The Cradle Song," in which Corina Freire sang the leading role, the demand for national sound films has increased. Although the industry has been in existence only six months, it has produced to its credit, the historic film, "Severa," after the play of Julio Dantas, is almost completed. The cast is made up mostly of members of the National theatre who have scored triumphs behind the footlights, but in a brilliant scene the part of the Marquis of Marialva is taken by an amateur "banderillero," Antonio Luis Lopes. News films showing President Carnation romping with his grandchildren are also in demand. Congress may toss the ex-president's newspaper column aside, but what it's up against is the president's spinal column.

**CRITICS MARVEL AT AROMA AND FLAVOR OF FAMOUS COFFEE** Patented Roasting Process is the Reason for Distinctive Goodness

Of all coffees being sold today there is one that is winning countless new friends wherever it is introduced because of its distinctive, rich flavor. As a matter of fact, more of this coffee is sold west of the Mississippi than any other brand of fine coffee. Hills Bros. Coffee owes its matchless flavor to the patented process by which it is roasted. Instead of the rare blend being roasted in bulk, only a few pounds at a time pass continuously through roasters in which the heat and speed of operation are accurately controlled. This process, Controlled Roasting—proves its superiority over any other method, because it roasts every berry evenly. None are overdone and none are underdone. Naturally a flavor is developed which is the last word in uniform goodness and one that no other coffee can equal. Hills Bros. Coffee is sold every where by grocers. It comes to you perfectly fresh because it is packed in vacuum. This process extracts air, which destroys the flavor of coffee, from the can and keeps it out. Ordinary cans, even if airtight, do not keep coffee fresh. Ask for Hills Bros. Coffee by name and look for the Arab—the trade-mark on the can. Hills Bros. Coffee, Inc., Portland, Oregon.

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**THE RED & WHITE STORES**

R. W. BROWN  
OWNER

The Sign of a  
DEPENDABLE STORE

**The Owner is your Townsman**

All Red & White Stores are owned solely by the individuals who operate them. The profits belong to these owners and remain in the communities.

These store owners have joined the Red & White organization that they may secure the advantages of combining their purchases with those of thousands of other Red & White Stores throughout the United States and Canada. Through this membership they offer their customers merchandise of undisputed high quality at the most moderate prices.

**Red & White Coffee**

The Best Blend  
The Finest Roast  
Satisfaction Guaranteed

2 1-pound Lined Bags ..... **69c**

**Combination Offer**

1 Large Albers Flapjack Flour  
1 Quart Jug Frisbies  
Cane & Maple Syrup.  
Both For ..... **69c**

<b>Shrimp</b> Blue & White 2 Cans ..... <b>37c</b>	<b>Oysters</b> Blue & White 2 Cans ..... <b>23c</b>	<b>Sliced Beets</b> Blue & White 2 Cans ..... <b>35c</b>
<b>Ripe Olives</b> Blue & White Mission Variety 2 Pint Cans ..... <b>43c</b>	<b>Jell Dessert</b> Red & White 12 Distinctive Flavors 7 10c pkgs. .... <b>49c</b>	
<b>Cut Green Beans</b> Red & White Stringless 2 No. 2 Cans ..... <b>39c</b>	<b>Grape Fruit</b> Red & White Whole Segments 2 No. 2 Cans ..... <b>45c</b>	
Green & White Good Standard 3 No. 2 Cans ..... <b>39c</b>	Packers Brand, Whole Sections 2 No. 2 Cans ..... <b>35c</b>	
White King Granulated Soap Large Package ..... <b>43c</b>	Ready to Eat Spaghetti Franco-American 2 Cans ..... <b>25c</b>	Wesson Oil Salad Oil, Frying Oil, Shortening Quarts ..... <b>49c</b>

**THE RED & WHITE STORES**

## Announcement

The Tiffin announces that beginning

# Monday, March 9

## A New Breakfast Service . . .

with new and different dishes especially catering to golfers and business men and women, will be installed.

Come in and try one of our tempting dishes.  
Open at 6 a. m. Beginning Apr. 1 we will open at 5 a. m.

**Menu Suggestions**

Tomato or Sauer Kraut Juice	15c
Pecan or Strawberry Waffles, with coffee	30c
Bacon or Ham Waffles, with coffee	35c
Tiffin Creme Waffles, with coffee	25c

**And Many Other Different and Appetizing Dishes**

We Serve Dutch Maid Ice Cream