

the foods you choose

Do you like sweets, candy, cake, butter, gravy potatoes? Have you tried one thing after another to reduce, spent dollar after dollar for pills and tablets and in spite of everything you've tried you're still too fat? Well, be as skeptical as you like, but Now, right Now there's a wonderful new kind of capsule that helps you take off pounds and inches of ugly fat safely, quickly and so much easier you hardly know what's happening. You don't suffer starvation dieting hunger, you take no drugs, you don't exercise. In fact, you don't even diet one bit more than you want to be cause you automatically eat less and here's why...

Counteracts hunger

Just recently a well known scientist

Mrs. Affred Vick, Mrs. B. A. Sheil-hart and Miss Fletcher.

VISITOR in the capital for a few days is Mrs. Marshall Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Affred Vick. Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Affred Vick. Mrs. Cornett of Klamath Falls. She is at two days is Mrs. Affred vick and Miss Fletcher.

Norshound and Miss Fletcher.

VISITOR i

counteracts hunger

Just recently a well known scientist
perfected a new tiny capsule that combines not one but ALL THE RECOGNIESD
proven sids to reducing. It combines
the vitamina and minerals often lost
when cutting off fattening foods conaining these needed vitamina and minerals. It combines the vegetable cellulose that has no calories yet expands
when it absorbs water thereby helping
give the feeling of a full, contented
stomach. In fact these tiny capsules are atomach. In fact these tiny capsules are so packed with vitamins and minerals, protein and non-caloric filling food, they actually equal and exceed many a meal fat goes fast

You'll be surprised at the fat you lose the first week, the inches that disappear the first month. No hunger, no strict dieting, no drugs, no exercise. And the cost is absolutely nothing unless you grow allm, more youthful looking, more active and enjoy better health.



AT ALL GOOD DRUG AND DEPARTMENT STORES

Virgil Banamy.

In charge of the evening's program were Mrs. Rehfuss, Mrs. Putman and Mrs. Kitzmiller, and hostesses for the evening were Mrs. Alfred Vick, Mrs. B. A. Shellhart and Miss Fletcher.

mediate past Republican national committeewoman.

In this week's Post

BING CROSBY sounds off on TV, Presley, Sullivan, Sinatra!

In an exclusive Interview with Pete Martin, the dean of American entertainers speaks his mind about:

ELVIS PRESLEY - Bing gives his frank opinion of the famous sideburned phenom-enon-and offers his own pre-diction of Presley's future in the entertainment world.

the entertainment world.

ED SULLIVAN — Bing tells
Ed's unusual secret of suocess — and reveals a showbusiness fact about Sullivan
most people don't know.

FRANK SINATRA — Crosby
makes several candid remarks about Sinatra and his
talent— some of which may
smare you

HARRY BELAFONTE - PAT BOONE - The old master talks about their styles. And why about their styles. And why there seem to be so many young singing "bright lights" these days - and why they don't last very long. Don't miss "I Call on Bing Crosby" by Pete Martin, in this week's issue of The Sat-urday Evening Post.

IN ALL, 9 articles, 4 stories, 3 serials, 1 novelette, many

Get your copy today!

African Violet Show And Plant Sale Set

And Plant Sale Set
Salem African Violet Society is
planning a show and plant sale
on May 16, the event to start
off with a potluck dinner at 6:30
o'clock in Mayflower Hall. The
interested public is invited.
Mrs. Charles Warren will show
colored pictures of African violets
taken at the national convention.
Noble Basher will show pictures
taken on his trip to Mexico, also
of orchids and other interesting
plants.

of orends and other plants plants.

African violets and other plants will be on sale. Members of the society are being asked to bring their African violets and other blooms for arrangements.

WEBFOOT (Special) — The Webfoot Social Service Club met Thursday at the home of Mrs. John Hackworth. Those present were: Mrs. Raiph Curfman, Mrs. Tommy Lyman, Mrs. Edith May, Mrs. Roseo Roberts, Mrs. Heny Freshour, Mrs. Gertrude Morgareidge, and Mrs. Anna Holdredge, The next meeting will be a polluck dinner meeting at the home of Mrs. Tommy Lyman in Amity.



it's smart to shop Lipman's... we give and redeem 29. green stamps

summer wardrobe. Door prize Joan Ross, commentator.



for her leisure hours . . . Campus Girl

Sacony Palm Beach

 25^{95}

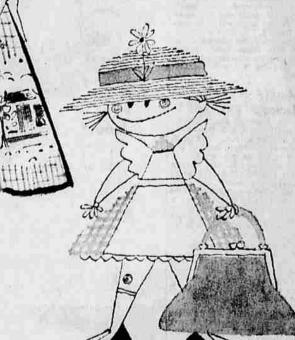
She'll wear it everywhere as the days grow warmer and thank you every time. Of rayon-acetate-dacron with eyelet trim, it resists wrinkles, is always fresh. Black, light blue, gold, white. 10-20.

Lipman's Suits, second floor.



she's an angel...

> remember her on Mother's Day, May 12th



summer cooler for a Mother on-the-go . . . Paris loungewear

998 & 1198

Drip-dry embossed Dacron and cotton with "La Parisienne" border print. Pink or blue. 10-18. Midriff brunch coat, 11.98. Lipman's Robes, second floor

it's smart to shop Lipman's... we give and redeem A.M. green stamps