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It's Time For Breakfast



Brains, beauty and brawn—they're all associated with a good breakfast, according to doctors, nutritionists and athletic directors. Brains, because every boy or girl in school needs energy and good nutrition to study and learn; beauty, because proper eating can help provide a healthy, glowing appearance; and brawn, because a good breakfast supplies from one-fourth to one-third of daily protein and calorie requirements essential to physical fitness.

Authorities say the following are ideal breakfast menus for various age groups: Four year olds, fruit or juice, half a cup of oatmeal, two slices of toast and a half pint of milk; the young fast of fruit or juice, half a cup of cereal, two slices of toast and a half pint of milk; the adolescent should have fruit or juice, a serving of cereal, three slices of toast, two eggs and two cups of cocoa. Adults need juice or fruit, cereal, eggs, meat, toast and a beverage.

The U. S. Navy recently found that many service aviators involved in "unexplained air accidents" consistently skipped or skimmed breakfast. The Navy recommended to wives of its aviators that their husbands be served with a complete breakfast including toast and jam, two eggs, breakfast meat, cereal, two glasses of milk, juice or fruit and with cream and sugar.

Frank Turner, brother of Reuben Turner of Estacada route 2, passed away at Doty, Wash. last week.

The Stanley Levines of Fisher Mill entertained Sunday in honor of their son-in-law, James Anderson's birthday. Present were Mr. and Mrs. Jim Anderson and son Al. Mrs. Aileen Farrell and children; Mrs. Theo. Tritschler of Mt. Angel and Mrs. S. D. Anderson of Olympia.

SEPTEMBER DEATH RATE IMPROVES

Five point five persons were killed in each 100 million miles of travel in Oregon during September, the Oregon Department of Motor Vehicles reported today.

The figure, based on reports of gasoline sales and the number of people killed, shows an improvement over the 7.2 death rate for September last year. Four other months with improved death rates this year are February, March, May and June. Four months—January, April, July and August—recorded slightly higher death rates than for the same periods last year.

Lowest death rate recorded so far this year was May when 3.6 person died in each 100 million miles traveled.

The department said gasoline sales reports indicate that in excess of 669,000,000 miles were traveled on Oregon streets and highways during September. This compares to 625,000,000 miles traveled in September a year ago.

CARD OF THANKS

We wish to extend our sincere thanks and appreciation to the friends and neighbors of Effie M. Jones for their many acts of kindness to her; for their expression of sympathy for us at this time, and for the beautiful flowers.

The nieces and nephews

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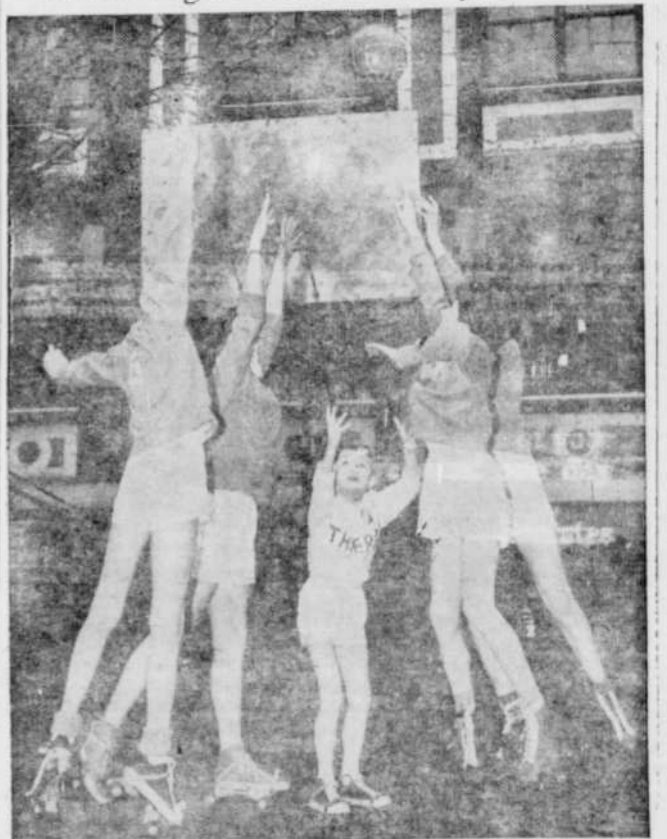
It's grand as a sauce...a salad dressing and a spread!



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Miracle Sandwich Spread

Skate-Cagers And Smalltry Mascot



PARIS, FRANCE—Members of a Paris high school team who will leave soon on a basketball-on-roller skates tour of the U. S. are shown during one of their strenuous workouts. In center, a smalltry mascot looks up hopefully for a chance to dribble the ball. The little fellow turns out regularly with the team, waiting for the day when he can turn in his mascot's togs for a team uniform.

THESE WOMEN! By d'Alessio



"Oh, I'm not looking for a new job. I'm just checking whether you're trying to replace me!"

THUR., FRI., SAT., Nov. 13-14-15

GIRDON SCOTT as TARZAN, EVE BRENT as JANE and RICKIE SORENSON as BOY in

"Tarzan's Fight for Life"

SECOND FEATURE KIRK DOUGLAS in

"Paths of Glory"

SUN., MON., TUE., Nov. 16-17-18

ALDO RAY, ROBERT RYAN, BUDDY HACKETT and TINA LOUISE in

"God's Little Acre"

Mr. and Mrs. Ed Schlu, Johnny and Linda spent the week end visiting Mrs. Schlu's sister and family, Mr and Mrs. Charles Sheeley of Ellensburg, Wash. and her brother, Mr. and Mrs. Lester Meacham and family of Othello, Wash.

A stork shower was given last Friday night at the home of Mrs. Jiggs Pederson by Mrs. Martin Reed and Mrs. Richard Platt, honoring Mrs. Earl Karlinger and Mrs. Howard Begulin.

Mt. Chapter OES No. 108 will meet at the Masonic hall Tuesday, Nov. 18 at 8 P.M. There will be an election of the Associate Conductress.

The Jim Andersons are enjoying a visit this week with Jim's mother, Mrs. S. D. Anderson of Olympia. She has not been in Estacada, since the News moved into its present location four years ago last May.

BOOK FORUM AT LIBRARY The Book Forum will be held Saturday at 3 P. M. at the Estacada Library. The subject will be "Biographies." Anyone is welcome.



KING'S PULLET RANCH

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- U. S. D. A. Good BLADE ROAST lb 59c
- SHORTRIB STEW MEAT lb. 25c
- Farm Fresh RABBITS lb. 65c

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- Folger's COFFEE 1 lb. vac tin 85c
- Blue Ribbon Pure HONEY 5 lbs. 1.00
- Cottage 7 3/4 oz tin
- TOMATO SAUCE 3 for 19c

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