

SCHOOL LUNCHEON ADVICE STRESSES BIG-FOUR OF DIET

Milk, fruits, vegetables and eggs are looked upon as the big four in good nutrition.

Menu planning takes on a new importance just now with children starting back to school. It is important that children get their full requirements of the protective foods, since growth and protection against the deficiency diseases are dependent upon them. In order to assume enough of these foods, they must be distributed between the three meals of the day. Breakfast, lunch and dinner should be looked upon as a complete whole and each meal contributing an equal share of it.

When children go to school on a poor breakfast, they become fatigued and as a result will actually eat less for lunch. It is impossible to make up for these two different meals at dinner which means that at the end of the day the child has been inadequately fed. Much of the poor nutrition noticed among school children is brought about in this way.

A few lunch menus planned for school children are given this week:

- Lunch Menu I**
Cheese Sandwiches Tomato Salad
Hot Chocolate Fresh Grapes
- Lunch Menu II**
Cream of fresh tomato soup
Peanut butter & lettuce sandwiches
Sliced peaches Milk
- Lunch Menu III**
Orange Omelet
(Devised eggs for school lunch)
Cucumber sandwiches Coconut
Cookies
Milk

COLLEGE STUDENTS AID FROM 'UNCLE' IS PLAN

SPOKANE, Wash., Sept. 12. — (AP) — The college student of the immediate future may turn to Uncle Sam for financial assistance instead of wiring "Dad," Dr. E. O. Holland, the president of Washington State college, said here today.

Returning from a conference with federal educational officials, Dr. Holland said thought was being given proposals to federal aid setup for students, possibly one similar to the civilian conservation corps.

Nazis to Guide Culture
BERLIN (UP)—Under the aegis of the newly-created "Central Bureau for Spiritual Activity," the German Propaganda Ministry promises the nation "a cultural winter based on the new life of the people." The duty of the bureau will be to "develop the new German cultural powers and put them to the greatest possible use."

PORTLAND, Ore., Sept. 12. — (AP) — Commemorating the 100th anniversary of the Servite Fathers, the statue, Mary, Our Mother, was unveiled at the sanctuary of Our Sorrowful Mother here Sunday, before an impressive gathering of Catholic clergy and laity.

More students are graduated yearly from Kansas high schools than were enrolled in all the schools of the state 30 years ago.



Your children's teeth should be given a careful examination before school starts. Special attention given to school children at this time.

BY

Dr. Thompson
"The Best for Less"

123 E. Main St. Phone 70
Opposite First Nat'l Bank

LEGIONNAIRES URGED TO REGISTER EARLY

CHICAGO, Ill. — All Legionnaires are urged by Paul G. Armstrong, chairman of the housing committee for the national convention in Chicago, October 2-5, to make reservations as early as possible. The hotel situation makes this imperative. Legionnaires contemplating going to Chicago in advance of the convention should also notify the housing committee well in advance, or otherwise they may be unable to be accommodated.

It is suggested that, rather than go ahead of the convention, the Legionnaires arrive on September 30 or October 1, prepared to stay after the convention, because it will be easier to hold a room one already has reserved than to get into a hotel where the rooms are all occupied.

William Penn's Home Will Be History Shrine

HARRISBURG, Pa. — (UP) — The home where William Penn lived with his family from 1683 to 1701 soon will be added to the list of historical attractions in Pennsylvania.

It is being restored through the combined efforts of the historical commission, department of public instruction and state leaders. Charles Henry Moon, member of the historical commission, and Donald A. Cadzow, state archaeologist, have spent much of the summer at the site, directing workmen who are rebuilding the structure and the surrounding gardens.

The estate, known as Penabury Manor, is located on the Delaware river near Tullytown. When restored, it will be listed as Pennsylvania Memorial park.

Laredo, Tex., has a new municipal airport.

Griffin Creek

GRIFFIN CREEK, Sept. 12. — (Spl.) School opened Monday morning, September 4, with enrollment of about 80 pupils. Mr. Poole, Mrs. Beeson and Miss Hunsong are our teachers again this year. For those who have been afraid of the school water, the test just received on both wells from the state health board was A-1. The heavy wind which passed

through the valley Tuesday afternoon did considerable damage to the fruit.

Mr. and Mrs. S. O. Stearns and family spent Wednesday at the J. D. Brown home.

Mr. and Mrs. Donald Brown are the proud parents of a daughter born September 6. The little miss has been named Sonia Lee.

Mr. and Mrs. C. C. Bohl spent Tuesday evening at the M. J. Randall home.

Mrs. H. C. Best has returned home and her friends are glad to hear she

is feeling much better than when she left last spring. Her son Charlie returned home with her for a short visit.

Mrs. S. O. Stearns and two small daughters visited Mrs. O. E. Shimmers Tuesday afternoon.

Mr. and Mrs. M. J. Randall and daughter motored down Applegate Saturday and enjoyed a visit at the Clutes hopfield, which was in the midst of picking.

The state of Iowa has 33 airports and landing fields.



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Palmer's has always been the popular headquarters for students who seek good Band Instruments. We want you to feel free to drop in at any time and look over our fine supply of sheet music and all types of musical instruments. Special low prices on Used Articles.



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Low Prices This Week

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A fine selection of cords in just the shades most popular with school boys and young men—In sizes to 9 years.

\$1.79

Cords for young men, priced at

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BOYS' TWEEDS

Tweeds are always popular for school wear. . . They last a long time and do not show wear and soil as readily as some materials—A number of gray shades for your selection. In sizes for boys.

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We are showing an unusually fine array of slip-on sweaters for all ages — an excellent choice of shades and patterns. . . Smaller sizes priced at

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UNDERWEAR for boys and young men—Genuine Munsing Wear quality a real value-giving prices.

Boys' Waterproof Coats

These jackets are well made and will resist water . . . Good-looking and made to wear a long time—and what a price . . . Sizes from 6 to 12 years.

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SUEDETEx JACKETs

These warm suedetex jackets are waterproof and come in sizes from 10 to 18 years—A real bargain at this low price.

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COSSACK JACKETs

These attractive blue flannel Cossack-style jackets have zipper fronts and are especially suitable for coming cold weather — Genuine Oregon wool, too, which assures their quality. A real value at

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Warm, sheeplined, waterproof coats solve the cold weather apparel problem for the boy and young man. Our low prices range from

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SCHOOL AGAIN!



Basement Sale Of SHOES

Boys' plain toe shoes with composition soles. An exceptionally serviceable shoe for school boys...

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Heavy shoes for school with plain toes and unusually heavy stitching . . . A genuine long-life shoe at a bargain price

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Boys' "Scout" style shoes for school wear in tan. Boys will be delighted with this serviceable shoe for school wear

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Boys' dress oxfords in a fine choice of styles and leathers.

\$2.49 & \$2.98