



**GLOOMY PROSPECT**—Lou Yargo, a soft coal miner employed at the Hitchman mine, in Benwood, W. Va., and his 3-year-old daughter, Nancy, examine the current strike situation and think of the prospects of a gloomy Christmas with no money coming in.

**Female Soviet Scientist Offers Longevity Formula**

MOSCOW (U.P.)—The Soviet Union's outstanding authority on how to live longer—Prof. Olga Lepeshinskaya—today disclosed her formula: take soda baths and avoid war propaganda.

The 61-year old biology professor said that old standbys, bicarbonate of soda, when added to hot baths would not only prolong life but reduce fat.

Other factors in her formula as published here in the English-language magazine News:

1. Take part in sports. Leo Tolstoy, the great Russian author learned to cycle at 65 and skated when he was 75.

2. Avoid war propaganda. "Numerous clinical researchers have proved, for instance, great nervous shocks not infrequently bring cancer in their train. Therefore atomic alerts, practiced in certain countries, and war scare atmosphere generally, tend in the long run to reduce life expectancy."

Prof. Lepeshinskaya is head of the Department of the Development of Living Substance at the Institute of Experimental Biology. She tried out baking soda baths on frogs, tadpoles, and chicken eggs before plunging into the water herself.

She took 18 soda baths with "interesting results." She recommends about 2 to 2½ ounces of soda to each tubful of water at about 93 degrees temperature. She remained in the tub 16 to 20 minutes.

Among other things she noted "a general loss of weight, more particularly through the disappearance of fat on the stomach."

Prof. Lepeshinskaya cautioned that her method does not guarantee eternal youth and "improper use may prove injurious," adding that the method should be employed only after consulting a physician.

**Mrs. Jack Carter Puts On Blue Bonnet To Get F. N. E.!**



Mrs. Jack Carter has an idea. Put on BLUE BONNET Margarine for F. N. E.—Flavor, Nutrition! Economy! Just like the wife of America's outstanding comedy star, you will love the delicate, sunny-sweet taste BLUE BONNET adds to any food! You'll appreciate its nourishment, too. No other spread for bread is richer in year-round Vitamin A! And you'll welcome its economy. Two pounds of BLUE BONNET costs less than one pound of high-priced spread! So remember the letters... F... N... E! All-Vegetable BLUE BONNET Margarine gives "all three"—Flavor! Nutrition! Econom-e-e!



**Quality MEATS**

- BEEF ROASTS** Baby Beef 49<sup>c</sup> lb.
- VEAL ROASTS** Grade "A" Veal 59<sup>c</sup> lb.
- Sirloin Steak** Baby beef, grade "A" 69<sup>c</sup> lb.
- Round Steak** Grade "A" 79<sup>c</sup> lb.
- Ground Beef** FRESH 49<sup>c</sup> lb.
- Sliced Bacon** Diamond Brand 49<sup>c</sup> lb.
- Pork Sausage** Country Style 29<sup>c</sup> lb.
- Breast of Veal** For hearty stew 29<sup>c</sup> lb.
- Pork Knuckles** SMOKED 19<sup>c</sup> lb.
- Corned Pork** Shoulder cut 39<sup>c</sup> lb.

For Community Chest and Red Cross, pay the easy way on the United Fund Payroll Deduction Plan!

Giant Size  
**WHITE KING 49<sup>c</sup>**

**SCOTCH CLEANSER 2 For 25<sup>c</sup>**

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- BOSC PEARS** Wonderful Baked! lb. 5<sup>c</sup>
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- GRAPES** SEEDLESS At their juicy best 10<sup>c</sup> lb.
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- CELERY** Crisp, all green 5<sup>c</sup> lb.
- TOMATOES** Fancy, large size California 10<sup>c</sup> lb.
- POTATOES** U.S. No. 2 Klamath 50 lbs. \$1<sup>39</sup>

**Don't Forget Our Case Goods Sale -- 1st Week In November**

- Coffee** Hills Bros. 1-lb. tin 83<sup>c</sup>
- Peaches** Bagley's Freestone No. 2 1/2 23<sup>c</sup>
- BEANS** Double Luck 303 tins 10<sup>c</sup>
- Wesson Oil** Qt. 59<sup>c</sup>
- PICKLES** Heinz Kosher Dills 25-oz. 35<sup>c</sup>
- Orange Base** Real Gold 2 tins 25<sup>c</sup>
- Silk Tissue** 3 rolls 17<sup>c</sup>
- P-Nut Butter** Skippy Giant Size 63<sup>c</sup>
- SIMONIZ** Self-Polishing Wax Qt. 98<sup>c</sup>
- SOAP** Sweetheart 4 Giant Bars 35<sup>c</sup>
- Karo Syrup** White Label 24-oz. 22<sup>c</sup>
- VANO** Liquid Starch Qt. 25<sup>c</sup>
- Mayonnaise** Durkee's—Made With Fresh Eggs Qt. 59<sup>c</sup>
- RAISINS** EXTRA SPECIAL! Budget Pack 1-lb. pkgs. 2 for 29<sup>c</sup>
- SYRUP** Nalley's Lumberjack 5-lb. tin 73<sup>c</sup>
- FLOUR** Pillsbury—with free Wastebasket 25 lbs. \$1<sup>98</sup>

- SPECIALS IN BIG Y'S**
- SAV-MOR DEPT.**
  - Percolators** ALUMINUM 8 cup \$1<sup>29</sup>
  - Mirrors** SHAVING—Reversible 49<sup>c</sup>
  - Biscuit Cutters** METAL 5<sup>c</sup>
  - Coffee Mugs** Fire King, Heat proof 9<sup>c</sup>
  - Flour Sifters** 5 cup 35<sup>c</sup>
  - Leaf Rakes** METAL—Adjustable Reg. \$1.49 79<sup>c</sup>
  - Bottles** THERMOS—By Globe Pint size 98<sup>c</sup>
  - Binders** NOTEBOOK—Close out each 10<sup>c</sup>
  - Paper** NOTEBOOK—Ruled, 3 hole, 100 sheets. Reg. 29<sup>c</sup> 23<sup>c</sup>
  - Typing Paper** Reg. 10<sup>c</sup> 3 for 25<sup>c</sup>
  - Men's Dress Socks** Cotton Argyles in rich colors Sixes 10-12 Pair 29<sup>c</sup>

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