## \& About Mother Ocean

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Some Food Suggestions

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## All Knowledge Not in Books

By JOHN BLAKE

| OU do aot anve to go to college to get an education. Some of the | at gon have seen. | his body. |
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| Dest informed and educated men I | Then read. And remember that | Books reflect the llres of |
| know never got past grammar schoot | not allike. | And they are not intallible |
| But if you really destre an elducn | me books teach us something | They will melp to edurate yoo but |
| n you can usually manage to get | Others are Just about valueless for anything excent killing time. | don't depend on them alone. Let your own life edncate yon, toa. |
| ch being as a ecmpletely educated | are interested in the for. |  |
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| one body skill in all physical |  |  |
|  |  | \% By Douglas Malloch |

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## Some Food Suggestions







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$\qquad$ Whipped cream and and wifh roses of brigh
colored felly.

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Japan Ready to Crown New Emperor


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When the frost is on the pun-
kin' MONARCH OUALTY FOOD PRODUCTS tasse hetter than ever $\because$ Thete MONARCH moon orativects (4y)


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Reporter-Are you happlly mar
 (Q) Tubes are the Nerve Center of your Radio Wisely


Bunks- What know of a chap is this Jinks-He's the sind gou are lucky
if sou don't know him. - Neceeary

| "I think sentiment business. "Yes,greeting cards, too." StII pon mp the |  |
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gree where the waste products of the

Fight Off INDIGESTION and Mr. Powell says: Madmatim
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up. I lost weight
bat. (nyyone
up. I lost weight and my appotite was
bad (Anyone wolloy hus suffered
attacks of indizeotion


 oeen the key to a rencued heainh
and vitolity for hundreds of thou-
sands.) "An earnest dosirip to belp pothers


Dr.Hartman said:




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