

Saturday Nov. 1 to Nov. 8

NOVEMBER FASHION WEEK

New Winter Coats



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Persian Lamb  
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Canadian Wolf

Included in the grey are Shagmoors, nubled tweeds for sports and flattering velvet coats. Sizes 14 to 40

GREY SHOPS, THIRD FLOOR

FOWLER, DICK AND WALKER

The Boston Store

FOOD

(Continued From Page 4)

divided according to the need and desire of the worker. The average active adult uses up about twenty-five hundred calories of heat energy in a day's time and should replace as much by the food eaten, but it is far more important what and how a person eats

than when, barring the few precautions we have stated. One can tell his own reaction to light or hearty meals according to the work he does, and as a rule, the ordinary individual will do well enough if he lets judgment instead of appetite rule. The habit of eating, as Americans indulge in it, is to satisfy appetite and

not hunger. We are today creatures of appetite, sex, jazz, moving pictures, and food appetites—showing only too plainly that we have not yet passed out of the emotional period, for abnormal appetite is a destructive emotion.

When we get the realization of the economic benefit to ourselves and the nation, we will make the business of living pay larger dividends than any other of our investments. All other things being normal, the length of our life depends upon our food, and so, as it is the main factor in preserving health and prolonging life and youth, why not begin to eat and stay young?

Plenty of fruits, raw and unsweetened as given to us by Nature; vegetables; milk, as pure as can be obtained; eggs, fish; and meat, if desired, that of young stock preferred; these are the simple foods that will keep you well if used in moderate quantities, preference given to those first named.

Care, too, must be given to food preparation and combination. Use foods straight, as near as possible as they come from nature, avoid concentrated and package foods, and give careful attention to the cooking that the flavors may be brought out and the minerals preserved. Cooking is a fine art and the girl who would be a successful homekeeper would do well to study food values and balanced menus. Many homes need not have been wrecked had the mother realized how much power was hers to preserve the health and happiness of her household. Indigestion makes the grouch, you know, and grouches support courts and undertakers. (To Be Continued)

CLASS PARTY ENTERTAINED

A masquerade party was held at the home of Mrs. Clifford Ide at Dallas in honor of the "Wait 'n See" class of Lehman M. E. church. The house was beautifully trimmed in keeping with the season. Games and music were features of the evening. Prizes were awarded to Mrs. Ralph Major for nicest costume and to Ruth Kinsman for funniest costume; prizes for games were awarded to: Ruth Kinsman, Mrs. Beardsley, Albert Major and Mr. Ambrose. Lunch was served to the following: Mr. and Mrs. Albert Major, Mr. and Mrs. Ralph Major, Mr. and Mrs. Elwood McCarty, Mr. and Mrs. Jesse Rogers, Mr. and Mrs. Eston Adelman, Mr. and Mrs. William Ambrose, Mr. and Mrs. Charles Kinsman, Mr. and Mrs. Herman Beardsley, Mr. and Mrs. James Jones, Mr. and Mrs. Clifford Ide, Ruth Kinsman, Dean Ide, Harold Major and Hayden Ambrose. All reported a nice time.

In The Wyoming Valley

By Everett T. Tomlinson

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CHAPTER XVIII

THE RESPONSE TO THE PETITION

ON the following morning James Baker had not received any word as to whether the petition for the return of the Wyoming men to their homes was to be granted or not. His confidence, however, was manifestly not so strong and something of his depression communicated itself to his nephew. He could readily perceive that all of the men in the camp were too few to hope to withstand the redcoats in the city of an open attack; but to the lad the improbability of such an event occurring in the winter and the strong reasons for the Wyoming men being permitted to be absent from the army for a time, while they looked to the defense of their own families, were so evident, that he could not really believe the request would be refused. However, as nothing could be done before action concerning the petition was taken by the men in authority, he knew that he must possess his soul in such patience as he could command and wait for that event.

"Come," said his uncle, a little while before noon, "and we will show you how a Tory is treated."

"A Tory?" inquired Enos. "Who is he? Where did he come from? What is he doing here?"

"All your questions shall be answered in due time. Come."

Thus bidden Enos started with his uncle and in a brief time they arrived at a building which evidently was used by some of the officers as their quarters. A crowd of soldiers had assembled in the street in front of it, and, though some of them were trembling from the cold and their appearance was such as to lead an observer to believe they would prefer to be in some sheltered spot on that frosty morning, still it was evident that some matters of exceeding great interest was keeping them where they were.

As Enos and his uncle joined the assembly, they could hear the words of the men who were now evidently expecting something to occur of unusual interest.

"We'll soon know," said one of the men, "how such a rascal is to be served."

"Oh, they'll let him go," said another,

shrugging his shoulders. "They're over easy with a traitor. 'Tis only for us the men have no sympathy."

"Who has no sympathy for you?" demanded James Baker sternly.

"No one," growled the man sullenly.

"How do you know that?" demanded James Baker.

"Know it? Any fool could know that much! Look at me," and as he spoke the man spread out his arms and displayed his clothing through the holes of which his body could be plainly seen. "I don't need to have any one tell me that no one cares how much I have to go without, when my stomach is empty and my nakedness is not covered," said the man bitterly.

"You are in no worse condition than any one else."

"Yes I am," retorted the man. "If I could live up there in Isaac Potts' house, as General Washington does, I think I could put up with it."

"You don't know what you are talking about! The General has to have some room, and besides that, as I happen to know, he's not arrayed in purple and fine linen, nor does he fare sumptuously every day. He suffers as much as the men, and indeed I think he suffers more, for he not only has to go without the necessities himself, but he also suffers for his men as well as with them. Then too, I happen to know that he has been sending the strongest kind of letters to Congress, and is doing everything in his power to get them to do something for the army. If such a thing can be done as to get help for us he'll get it."

"Oh, I'm not finding fault," growled the man, evidently somewhat taken aback by the warmth of the speaker.

"Yes, you are! You're all the time growling! What did you come into the army for, anyway? Did you expect to sleep on goose-feather beds and have your meals served to you on pewter and silver? I wouldn't give much for a man to say nothing of a soldier, who is forever whining about his hard lot! I tell you," he added vehemently, "a good soldier has to endure hardness! That's what he's called for! Any one who can't be brave when every thing is easy, it's the hard lot that tests the man! A

rotten tree can stand up perfectly straight when there's no wind blowing. For my part give me the man who is willing to take the hard knocks that have come and doesn't run around crying like a whipped boy!"

Here's A Code For Good Sports

Sportsmen should never hesitate to report any violation of the game laws that come to their attention. It is only in this manner that the Game Commission can apprehend the vandal.

Sportsmen are urged to exert every care with firearms while in the woods this year. Too many accidents occur each season.

There is no need to stress the matter of guarding against forest fires. As a general rule hunters are ever careful of fire while in the forests for they know only too well that when the cover goes the game goes.

If sportsmen will be guided by the following rules they are apt to enjoy a much better hunting season.

Don't forget, trappers, that the season for muskrats opens December 1st instead of November 1st. You may trap muskrats from December 1st to February 28th. For mink, opossum, skunk and otter, the trapping season opens November 1st and ends February 28th. Woodcock may be legally killed from October 15th to November 14th.

Don't forget to co-operate with the game protectors. Help them perpetuate your sport. Game protectors are the sportsmen's best friends.

Don't forget, sportsmen, that the pre-season gunner is stealing your sport. Send in the license numbers of those who you see violating the game laws; that's what you call co-operation.

Don't neglect to carry a roster with you when three or more are hunting big game together. This applies to day-hunters. Those in camps must have rosters posted in the buildings.

Don't forget to send in the stub attached to your resident hunter's license certificate giving the amount of game killed for the season. Such data helps the Board of Game Commissioners.

Don't get excited if you become lost in the mountains. Three shots in succession from your gun will very often bring assistance. Following the course of a stream will most always bring you out to civilization.

Don't neglect to extinguish a bonfire before you leave it. If you can stand the cold weather it's better not to make a fire in the woods. Put out cigarettes or cigars before throwing them away.

Don't forget to count the number of deer you see while hunting; then give the information to your nearest Game Protector.

Don't try to kill the limit of game every time you go hunting. Leave some for the next day. Maybe your fellow hunter can't get out the same day you go afield.

Don't shoot into a flock of wild turkeys. Better to single out your bird and miss him rather than to kill several birds with one shot and have a fine to pay. You are permitted to kill one wild turkey a season.

Don't hunt in fields where stock is grazing. Better forget that field until some other time.

Hunters who get lost and have no compass can use their watch for this purpose very easily. When the sun is shining turn the face of the watch to the sun in such position that the hour hand will point to the sun. Half way between the hour hand and twelve o'clock will then be the south point.

Often hunters have run across water which appeared none too clear for drinking purposes. A practical and effective way of clarifying muddy or apparently undrinkable water is to pour two tablespoonfuls of condensed milk in a five gallon can of water. This, being heavier than the water, will sink to the bottom, drawing down, also, all sediment contained in the water. In a few minutes the water may be poured off, clear and fit for drinking and cooking.

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<p><b>Men's Suede Jackets</b> in light and dark brown <b>\$3.95</b> Reg. \$7 Value Just the Thing for Out of Doors</p>	<p><b>MENS' HEAVY UNDERWEAR</b> "Lackawanna" Shirts and Drawers <b>\$1.29</b> Heavy Fleece-lined Shirts and Drawers <b>69c</b> Heavy Merit Union Suits <b>\$1.39</b> Heavy Silk and Wool <b>\$2.95</b></p>		<p><b>Heavy Flannel Shirts</b> <b>95c</b> Reg. \$2.50 Value all sizes in gray, brown</p>	
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See our other ad on Page 8

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