| THE DALLAS POST Established 188 $\qquad$ <br>  |
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| A non－partisan，liberal progressive newspaper pub－ every Thursday morning at the Dallas Post plant， |
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Editorially Speaking TOMORROW＇S COMMON－PLACE

BAN BILLBOARDS NOW
$\qquad$


Frank Jackson，Harveys Lake Bird－Man，Contributes Poem

One glaring sign leads to another．The gorge lead－
ing from the Back Mountain down into Luzerne is scenic．
When raw earth is covered with greenery again the route
$\qquad$
$\qquad$
$\qquad$

SEE WHAT ONE SUPER PIHANINS TABIT GIVS ROU

| ${ }_{\text {V／TAAMIN }}$ 8，00 Units |  |  |
| :---: | :---: | :---: |
|  |  | $\begin{array}{r} 38 \text {-oz. } \\ \text { glasses of } \\ \text { tomato iuice } \end{array}$ |
| VITAMIN D 1，000 Units |  |  |
| $\begin{aligned} & \text { VITAMIN E } \\ & \text { (Alpha-tocopherol) } \\ & 1.0 \mathrm{mg} \text {. } \end{aligned}$ | $8$ |  |
| VITAMIN $B_{1}$ 2.5 mg ． | $(20)$ | 4 pork chops |
| VITAMIN $B_{2}$ 2.5 mg ． | $0$ | $\begin{array}{r} 1 / 2 \mathrm{Ib} \text {. } \\ \text { American } \\ \text { cheese } \end{array}$ |
| VITAMIN $B$ 。 1.0 mg ． | 2530 0 | 1／1bib of |
| VITAMIN $B_{12}$ 3.0 meg |  | 2 egss |
| $\begin{aligned} & \text { SiTAMIN. C } \\ & \hline 00 \end{aligned}$ |  |  |
| NIACINAMIDE 20 mg ． |  | $\begin{gathered} \text { broide } \\ \text { mackere } \end{gathered}$ |
| IRON | （1） | ${ }^{6}$ beofneses |
| $\begin{aligned} & \text { CALCIUM } \end{aligned}$ |  |  |
|  Of course，the foods compared above contain other essential nutri－ the minerasas in in vitamins and minerals listed，and the viramins andind the minerals in Super Plenamins are present in other foods，as well． |  |  |

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