









**WHERE TO GET VITAMINS**

Proper nutrition is regarded by the majority of physicians as being the most important single factor for health and growth during infancy. But, the need for sound nutrition doesn't end there—it's also essential throughout a child's early years, and necessary for good health in adult life.

Additionally, one of the most important factors in assuring sound nutrition is adequate vitamin intake each day. Here, then, are some common food sources of major vitamins that help you plan nutritious meals for your family:

**Vitamin A** ... Liver, whole milk, milk fat products, egg yolk and fortified margarine.

**Thiamine (B<sub>1</sub>)** ... Liver, meats (particularly pork), milk, whole grain or enriched cereals, wheat germ and nuts.

**Riboflavin (B<sub>2</sub>)** ... Milk, cheese, liver, meats, eggs, fish, green leafy vegetables and whole or enriched grains.

**Pyridoxine (B<sub>6</sub>)** ... Meat, liver, kidney, whole grains, soybeans and peanuts.

**Cyanocobalamin (B<sub>12</sub>)** ... Liver, kidney, milk, salt-water fish, lean meat and oysters.

**Ascorbic Acid (C)** ... Citrus fruits, tomatoes, cabbage and green vegetables.

**Vitamin D** ... Vitamin D fortified milk and margarine, fish liver oils, and exposure to sunlight.

**Vitamin E** ... Vegetable oils, Evansville, Indiana 47721.



wheat germ, green leafy vegetables and nuts. Folic Acid ... Leafy green vegetables, meat and food yeast. Panthanol ... Eggs, broccoli, liver and nuts. Vitamin K ... Green leafy vegetables, and pork liver.

Generally speaking, a well-balanced diet of fruits, meats and vegetables taken in suitable amounts daily will provide sufficient levels of vitamins to prevent vitamin deficiencies. Your physician, however, is the best counsel concerning individual vitamin needs and, if a deficiency does exist, he will recommend a supplement as best suits your requirements. For infants and children, there are vitamin drops and tasty, chewable vitamins, such as Poly-Vi-Sol and Tri-Vi-Sol. For adults, there are many vitamin tablets.

If you'd like to learn more about nutrition and health, send for the FREE booklet, "Let's Set The Record Straight About Vitamins." Address your request to Dept. 793, Mead Johnson & Company, Evansville, Indiana 47721.

**KEEPING UP WITH FRIENDS**

Mr. and Mrs. Gene Baker's children honored them with a joint birthday celebration Sunday when they met in the baker home for birthday dinner. Those attending were Mr. and Mrs. Carter Hart, Lana, Joni, Lee Ann and Rita of Hurst, and Mr. and Mrs. O. B. Poyner of Ranger and Mr. and Mrs. Willy Gilbert of Gorman.

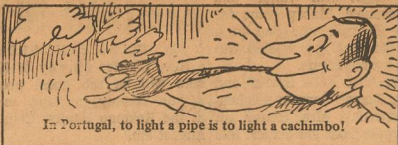
Mr. and Mrs. Marvin Nix of Longview visited last Thursday with Mr. and Mrs. R. F. Hodge at Lake Leon.

Mrs. Una Lesley of Ralls and Mrs. Leoda Leathers of Canon City, Colorado are visiting with Mrs. A. N. Turner.

Richard and John Preston of Waco are visiting this week with their grandmother, Mrs. Ethel Harrell.

Mr. and Mrs. L. A. Bennett of Eastland and Joe Lynn Bennett of Odessa visited with Mrs. Ruby Bennett and Mr. and Mrs. Joe Bennett and family during the weekend. Mr. and Mrs. Fred Bennett and boys of Cleburne visited the latter part of last week with their parents, Mr. and Mrs. George Bell and Mrs. Ruby Bennett, and brother, Joe, and family.

Visitors in the home of Mrs. Myrtle Hill Sunday were Mrs. Jo Ann Fisk, Julia and Dana of Cedar Hill, Mr. and Mrs. Billy Taylor of Jonesboro, Robert Dale Varner of Megargel, Mr. and Mrs. Albert Taylor and Mr. and Mrs. Bud Allen and Mrs. Bonnie Cox, all of Gorman. 82 year old grandmother Hill spent the weekend at home with the families. She is a resident of Manor Nursing Home in Eastland. —GP—



**NEWS OF ECOLOGY**

**SCOUTS GIVE TRASH THE SACK**

Three billion dollars! That's the estimated annual bill Americans are paying for public collection and disposal of garbage and solid waste — the third most expensive community service in the land. ... which is exceeded only by spending for highways and schools.

Concerned citizens, of course, can make significant contributions to cleaning up this national mess. As in Watertown, N. Y., where the initiative of the Environmental Systems Division of St. Regis Paper Company and a local Boy Scout Council is currently leading the way.

Recently, more than 500 Boy Scouts of Jefferson and Lewis County launched an intensive environmental clean-up campaign to make their community a better place in which to live.

Soliciting the aid of the 30,000 homeowners in their area, the Scouts began their drive with the sale of St. Regis disposable refuse sacks. In addition to their 30-gallon capacity and convenience, these sacks were selected because — unlike plastic sacks — they will break down in sanitary land fill without adding to our ecologi-

rate paper, cans, rags, metal, returnable bottles and miscellaneous glass. Then, free of charge, the Scouts pick up the differentiated sacks and dispose of them in ways compatible to our ecology. Glass bottles, for example, are sold for recycling; bio-degradable trash is sent to land fill sites. Provi-



sions have even been made to tow away abandoned automobiles. The best part about the program is that everyone profits. The community gets a cleaner environment; the Scouts get the credit for a job well done — and the modest proceeds from selling the sacks and whatever trash they can ... for the support of other worthwhile Scouting programs.

**ADDITIONAL**

**"HEALTH INSURANCE"**

The news media frequently carry scare stories on the side effects and the purity of the medicines sold today. But you can feel reassured that your physician and your pharmacist are experts in the products they prescribe and compound; your trust in their professional skill will insure your family's health and safety. When your prescription is filled by our pharmacy, you have the knowledge that its ingredients are made by reputable manufacturers, who have taken countless steps in the careful control of their quality.

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**Viva Paper Towels 3-100**

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**FIG NEWTONS**  
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12 Oz. Pkg. **59c**

**LOIN or T-BONE STEAK**  
**\$1.19 Pound**

Collge Inn  
**CHICKEN BROTH**  
13<sup>3</sup>/<sub>4</sub> Ounce **2 - 35c**

**Hunt's**  
300 Can  
**FRUIT COCKTAIL**  
**4 for \$1**

**Hunt's PEACHES**  
Sliced or Halves  
No. 2<sup>1</sup>/<sub>2</sub> Cans **3 - \$1**

**Mellorine** Half Gals Foremost **3-\$1**

**Jay's** SHOP ONE STOP  
**Grocery & Market**  
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