# The 磁irì Star 

The Bankhead Highway"
"The Broadway of
Ameriea"



THE BAIRD STAR, BAIRD, TEXAS, FRIDAY, MARCH 13, 1931


## What the NEW

 HUMIDOR PACK
## means to Camel Smolsers*



COMPARE $a$ package of Camels with any other cigarette and note the difference in the technique of packing. Note that Camels are completely enclosed in an outer transparent cover of moisture-proof cellophane and sealed air-tight at every point.
We call this outer shell the Humidor Pack. It differs from the ordinary cellophane pack and while it is egg-shell thin, it means a lot in terms of cigarette enjoyment.
It means, for instance, that evaporation is checkmated and that Salt Lake City can now have as good Camels as WinstonSalem.
While Camels are made of a blend of the choicest Turkish and mellowest domestic tobaccos, it is highly impor$\operatorname{tant}$, if you are to get full benefit of
this quality, that these cigarettes come to you with their natural moisture content still intact.


The Pitusurgh Testing Laboratory chart above


The Humidor Pack insures that. It prevents the fine tobaccos of Camels from drying out and losing any of their delightful flavor.
Aside from cheap tobacco, two factors in a cigarette can mar the smoker's pleasure:
Fine particles of peppery dust if left in the tobacco by inefficient cleaning methods sting and irritate delicate throat membrane.
Dry tobacco, robbed of its natural moisture by scorching or by evaporation gives off a hot smoke that burns the throat with every inhalation. We take every precaution against these factors here at Winston-Salem. Aspecial vacuum cleaning apparatus removes dust and now the new Humidor Pack prevents dryness.

Check the difference yourself It is a very simple matter to check the difference between Humidor Packed

Camels and other ordinary dry cigarettes. First of all you can feel the difference as you roll the cigarettes between your fingers. Camels are full-bodied and pliable. A dry cigarette crumbles under pressure and sheds tobacco.
If you will hold a cigarette to each ear and roll them with your fingers you can actually hear the difference.
The real test of course is to smoke them. And here's where the new Humidor Pack proves a real blessing to the smoker.
As you inhale the cool, fragrant smoke from a Camel you get all the mildness and magic of the fine tobaccos of which it is blended.
But when you draw in the hot smoke from a dried cigarette see how flat and brackish it is by comparison and how harsh it is to your throat.
If you are a regular Camel smoker you have already noticed what proper condition of the cigarette means.
But if you haven't tried Camels in But if you haven't tried Cameis in adventure with Lady Nicotine in store.
Switch your affections for just one day, then go back to your old love tomorrow if you can.
R. J. Rexnolds roucco comrany, mineon-solos, w. c.
*smode a Fresh cigarette!

The Market Basket
the Bureau of Home Economics U. S. Department of Agricul
ture, and the Womañs Divi. ture, and the Woman's Divi-
sion of the President's Emergency Committee for ${ }^{\text {sency }}$ Emplommenitteent The food of the woman Living alone
have been studied by the Bureau of have been studied by the Bureau of
Home Eoconomics, U. S. Department of Agriculture and a guide has been developed to aid those who are foreed
to live on very small incomes during to live on very small incomes during
te present employment emergency the present employment emergency
The guide supplies a list of foods for one week which will give good nutr
tion returns for a limited outlay of mone
Each week, according to this food guide, an adult woman needs $31 / 20$
7 quarts of milk; 4 to 5 pounds of 7 quarts of milk; 4 to 5 pounds of
breadi $1 / 20$ to pound of flour; 1 pound
of cereal; 3 to 4 pounds of potatoes; It cereal; pohnd of legumes whith in
cludes peanut butter; 1\%s to 2 pound of tomatoes; 4 to 6 pounds of other vegetables and inexpensive fruits; 1
to 2 pounds of lean meat, fish, and
poultry; 1 to 3 egzs; ; pound of poultry; 1 to 3 egrsi 1 , pound of
chese, nuts, and geletin; $\%$ pound of
het fats, such as lard, salt, pork, butter,
margarine, etce; 1 to to 14.4 pounds of margarine, etc.e. 1 to 11 pounds of
sugars and sweets $1 /$ pound of coffee: 18. pound of teas, $1-3$ pound of ocece,
This list presupposes that the cookk. This list presupposes that the cook.
ing will be done at home, which is naturally the best wey to keep down
food expenses. food expenses. Otherwise similar
foods would have to be bought reads prepared and at an increased cost. A one burner stove with a portable
oven will be entirely adequate for her needs, the bureau points out. With
little money, the variety of foods for each meal can not be great, but to eai
simpl cooked maeas is much better
than to eat out of paper bags, a tend ence into which theer bags, a tend
alone is likely to fall. Women more than men, the bureav
says, are inclined to eat irregularly. When they live by themselves this
tendency is further exagzerated tendency is further exaggerated-so
the first requisite is to have regular

Dr. Hazel K. Stiebeling, food eco-
nomist of the bureau, who developed nomist of the bureau, who developed
the food guide, emphasizes that if a the food guide, emphasizes that if a
woman eats alone she must exercise woman eats alone she must exercise
greater care and thought in meal greater care and thought in meal
planning. Because of the expense and difficulty in buying in small quantities, meals are likely to become monotonous and food is likely to be wasted. The best way to avoid this,
she suggests, is to plan the entir she suggests, is to plan the entire
week's menus before going out to
thop week's menus before going out to
shop. Storage and refrigerating facilities play an important part in keeping down expenses. This prob-
lem is comparatively easy in winter lem is comparatively easy in winter
but with the advent of warmer weather perishable foods must be kept on Milk portant mainstays of an inexpensive
diet, Doctor Stiebeling diet, Doctor Stiebeling says. These
two should be supplemented with two should be supplemented with
tomatoes or citrus fruits; vegetables - some of which should be of the green or yellow color; a small quan-
tity of lean meat fish and tity of lean meat, fish and eggs; cheese, fats and sweets. Persons
following this food guide will avoid following this fod guide will avoid
malnution, a danger which is al ways likely to accompany subnormal industrial and agricultural conditions, she declares. As soon as more funds
are availat,le, the quantity of meats are availat,le, the quantity of meats
and vegetables should be increased.

MENU FOR ONE DAY Breakfast
Orange juice
Cooked cereal with milk Coffee Cream of tomato Soup Creanut butter Sandwiches
Pocoa Dinner Dinner
Creamed Chipped Beef on Toast
Spinach Raw Cabbage and Carrot Sala CREAMED CHIPPED BEEF 10c worth chipped bee
1 cup milk Melt the fat in a skillet, add the
beef and cook until it is somewhet
brown and crisp. Sprinkle the flour brown and crisp. Sprinkle the flour
over the beef, add the cold milk, stir over the beef, add the cold milk, stir
until thickened, then cook for a few until thickened, then cook for a few
minutes longer. Serve on crisp toast. CREAM OF TOMATO SOLP
$1 / \mathrm{can}$ tomato soup
$1 / 2$ cup milk
Heat soup and milk to boiling point soup into milk and serve at once. Season to taste.
Use rest of can as sause with meat
balls, macaroni, or tomato cheese balls, macaroni, or tomato cheese
rarebit. rarebit.
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catalogue of RAMSEY'S AUSTIN ${ }^{\text {cataiogue }}$ NURSERY, AUSTIN, TEXAS. $9-\mathrm{tf}$


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|  |  |

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