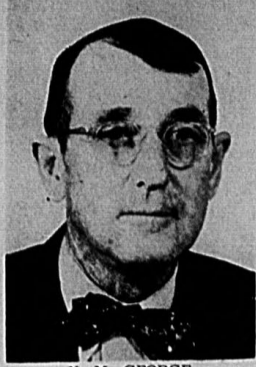


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Association owned by its own borrowers,
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doing business in Callahan Co. since 1917

Reid of Goldsmith was a here last week end.
 visiting in the home of Mrs. E. L. Mayes of Sab- were Mr. and Mrs. E. E. Cross Plains and Mr. and F. Goleonor of Sabanno.
 and Mrs. Tom Bryant and Abbot returned to their here Saturday after a visit days in Phoenix, Ariz.
 Paper At The Review

Health Advice Given By Dr. Geo. W. Cox

"Although we may not be sick, we may be far from being well. There is a great and vital difference between high and buoyant health and the health of the average person, or of one who is only well enough to be out of bed," Dr. Geo. W. Cox, State Health Officer, said today.

"Unless we have the essentials of health in our daily habits of living, we are as sure to pay the penalty of impaired health, sickness and early death as we are of cause and effect in other situations," Dr. Cox continued. "We should ask ourselves, 'How long do I expect to live?' 'How long can I retain my efficiency, both in work and play?' 'Do I want to become incapacitated soon after middle life?'"

The alternative, according to Dr. Cox's statement, is to adjust one's program of living to insure the fundamentals of health and thus, barring accidents, keep young and retain active efficiency to an age of 70 to 80, or more.

The essentials of health are simple: sufficient fresh air and sunlight, good food and food habits, regular exercise and adequate rest. Yet, in checking the health of thousands of individuals who considered their health good, it has been rare indeed to find a single person who did not habitually disregard one or more of these essentials. Therefore, no matter how good or poor our health, we should check our daily program of living for health habits that are essentially faulty but of which we may be unaware.

Every day when we arise we're more surprised than ever—when we raise the shades, look out the window, and find the world is still present.

Prince August Wilhelm of Prussia, son of the former German Kaiser and only Nazi party member of the family, has been convicted of being a Nazi offender. He has been sentenced to prison for 30 months, or two and one-half years, at hard labor and fined 15,000 marks (\$1,500).

The Prince, however, has already been interned since the end of the war and has been given credit for the time, so will be released immediately.

Thousands of Jews in displaced person's camps in Europe are rejoicing over the birth of the state of Israel. They hope for an early exodus from Europe bound for the new Jewish state in Palestine.

There are still some 240,000 Jews in Europe, most of whom are alling from their long confinement and many are poorly clad and hungry and it is hoped by many sympathizers that necessary arrangements for their safe entry into their new homeland will be made at an early date.

Incidentally, the United States of America was the first country to recognize the new state.

*** Fashions ***



An ideal swim suit is one which is attractive and yet permits the freest action in water is shown above. The bright-in-the-surf stripes are starred and rope straps are feather-light on the shoulders.

H. D. Agent's Column

By Evelyn R. Wieland

Paint For Protection

Painting a house or a barn does make it look nice, but the real reason behind painting is to protect the building. If your home or farm building has not been painted during the past four or five years, now is the time to tend to that job, says W. S. Allen, extension agricultural building engineer of Texas A&M College. To let the job go any longer means that the surface of the siding may need more careful and expensive preparation for repainting.

Local conditions play an important part in the selection of paints, for example, in warm, humid climates harder types of paint that contain greater amounts of zinc oxide usually stand up better than soft paint. And in the extra dry sections, it is the other way around. Soft paints containing mostly white lead are better.

There is a good supply of ready-mixed paint of high quality to suit local conditions, and it can be had in nearly any color.

Allen says to remember that a paint job is no better than the application. A good painter will take off all the old loose paint and

make sure the surface to be painted is dry before he starts his job. Even the best paint will fail if it is applied right after a shower, or in foggy, humid weather.

One of the important things to do before starting a paint job is to be sure the paint is mixed right. Too much oil causes the paint to dry slowly, get dirty and fade. And, not having enough oil causes the paint to wear off rapidly. Cracking is caused by hard quick drying of heavy, oily mixtures. Too much thinner in the paint or not enough coats will usually cause chalking.

Two coats of paint is all right when the surface is in good condition and most of the old paint remains after sanding, brushing and scraping. Otherwise, says Allen, three or four coats are needed. The cost might be more, but you can rely on having a more lasting, satisfactory job.

Last Summer's Dress

The dress you thought too long last summer may be still too short for the current style, but there are ways of making it longer and more stylish, too. "Study the styles in newspaper ads and fashion magazines to see how materials are combined in dresses, and you'll be

Personals

W. A. Williams, Jr., of Lubbock, visited his father in Cross Plains last week.

Mr. and Mrs. Albert Clemons of Stephenville visited in the home of Mr. and Mrs. Joe Baum this week.

Mrs. Rollo Davidsof of Claude visited her parents, Mr. and Mrs. J. C. Garrett, here early this week.

Mrs. R. B. McGowen, of Monahans, spent the week end with her mother, Mrs. George Scott, in Cross Plains.

surprised to see how many ways you can make your last summer's dress look like new," advises Nena Roberson, associate extension clothing specialist for Texas A&M College.

She says you'll find eyelet embroidered pique used in many ways. A skirt can be lengthened from 2 to 6 inches by using one or more bands of the pique.

Bands of contrasting color, bias plaids or striped material will not only lengthen the skirt, but bring life and color to a discarded dress. A yoke added to the top of a skirt is a good way to get the "new look" in length and hip style, too, says the specialist.

A bias fold or a "petticoat ruffle" added to the bottom of a full skirt can add 2 inches and fit into the current styles as well.

The specialist suggests that all dresses made this summer have a good hem, and all new clothing bought or ready made have a generous hem in addition to being the proper length. This proper length depends upon the woman and her height for there is no definite number inches from the floor for all women to follow. Many stylists say from 11 to 13 inches is within the fashion, but Miss Roberson says the very tall, slender woman might wear her skirt 13½ inches while 10½ inches from the floor might be more becoming to the very short woman and yet both be fashionably correct.

Mr. and Mrs. W. S. Connelly and Mr. and Mrs. Olan Adams, of son, of Ballinger, are visiting their daughters and families, Mrs. Mr. and Mrs. Gene Adams and Mr. M. G. Walker, Miss Opal Connelly and Mrs. B. W. Webb, here this week.

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Newly Improved TRIQUE STRIPE with distinctive satin bars and run stop stitch. This long wearing rayon fabric remains lovely and lustrous after countless wearings and washings. Needs no ironing. Colors: Tea Rose and Aqua.

EXTRA SIZES

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Small 32/34 Medium 36/38 Large 40/42 Stout 44/46 X Stout 48

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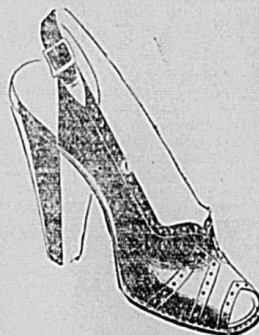


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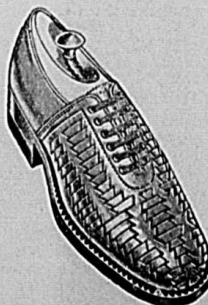
Men's Cool Summer Shoes With Style

The shoe to the right comes in Beige and Tan combination with punched ventilations. Soft and pliable. Priced—

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Below is a woven type which has the "Give" as well as the cool ventilation which allows the feet to breathe. A shoe that can "Take" as it gives. Priced at—

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A variety of styles and patterns in wedges. These come in White, Red and Brown and are priced at—

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