Reasonable Sobriety

"Pa fell downstairs."

"Don't take on so, my boy.

A small, henpecked little man

This is the first of a series of

Claire C. Backus, Editor



Fish For Protein

If you are looking for meat rating. alternates—foods high in pro- Nutritionists suggest the fre- ready for tests. "Not a fast livtein that aren't as expensive as quent use of onions in salads, er, or anything of that sort?" meat—give serious consideration cooking and as a vegetable, boil- The little man hesitated a mo-

the College of Home Economics vitamin C if eaten raw and when voice: "I sometimes chew a li at Cornell, is comparable in pro-cooked properly. Less mature the gum." tein to a serving of meat. And young onions have more vitamin no fish could be accused of eat-C than do mature ones. no lish could be accused of eat- C than do mature ones.

ing grain, the commodity which And finally, a bit of onion poor little boy?" said a man to a this country is conserving to adds good flavor to almost every-crying boy. send to starving Europe.

But fish doesn't furnish as many B vitamins and iron as

thiamine fosters a good appetite ed sometimes to travel consider-

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THE NEWS PRINTING HOUSE Claire C. Backus. Editor

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Irritable: and iron helps build three are lians will go to the country. The lians will go to the country.

Fish is really cheap if you live State Department of Health has |_ Entered as second-class mail mat near its source of supply, and purchased the first of ter, under Act of Congress, at the frequently you can find good mobile x-ray units which will be Post Office at Andover, N. Y. fillets and steaks inland at reason-loaned to official health agencies in Upstate New York.

Remember that fish is cooked If you have not had your chest to develop flavor, not to make it x-rayed for 12 months, have it HOMEMAKERS tender. Fish is tender in the raw done the next time a survey is state and it will toughen, shrink held in or near your community. and dry out if it is over-cooked.

Consider The Onion Don't sniff at onions in plan-'ning your week's menus. During was about to take an examination

the war specialists agreed that for life insurance. onions should be given a high "You don't dissipate, do you?" asked the physician, as he made

ed or creamed. Onions add to ment, looked a bit frightened, A serving of fish, according to your diet a goodly amount of then replied in a small, piping

thing but desserts. Mobile X-ray Units

does meat. So, when you serve Most of you are familiar with He'll get better soon." fish, include in your menu other the mass chest x-ray surveys be- "That isn't it. Sister saw him

are sponsored by health agencies, (if those muscles get exercises); vantage of them have been oblig-

CLINTON PUDDINGS 4 oz. pkg. 5c

ALPINE PEAS, Extra Sifted .. No. 2 can 25c

PRUNES, Leadway Large 2 lb. pkg. 41c

MINCEMEAT, None Such ... 28 oz. jar 45c

CHERRIES, Maraschino 8 oz. jar 29c

FRUIT COCKTAIL lg. $2\frac{1}{2}$ can 45c

Oranges - Grade A 2 doz. 45c

Grapes - Fancy Red Emperor, 2 lbs. 27c

Sweet Potatoes 4 lbs. 29c

PLACE ORDERS NOW for THANKSGIVING

TURKEYS - DUCKS - CHICKENS

HOME BAKED GOODS

Cookies - Donuts - Cakes - Cup Cakes, etc.

EVERY WEDNESDAY & SATURDAY

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LADIES' CHENILLE ROBES . . \$5.95 - \$6.75

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50% wool Per Suit \$5.00

WRIGHT'S HEALTH UNDERWEAR,

CRANBERRY SAUCE, Stokely's, fancy,

Just when does an advance to-1

Heaven pity the poor wretch

FRIDAY NIGHT

Dancing 9:00 to 1:00

American Legion Members & Guests Welcome "JIMMIE" MULHOLLAND'S ORCHESTRA

Complete Papering Tools - \$4.95 STRAIGHT EDGE AND TRIMMER .. \$2.90 KIT: Paste Brush, Scraper, Trimmer, Seam Roller, Smoothing Brush and

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and FASHION

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Mr. Phil Merrick, Annis Furs personal envoy, will be in our store Friday and Saturday, November 21 and 22 to escort you through the display of fur coats and lend his efforts toward your satisfactory purchase of any coat in this vast collection.

Wineburg & Gleason, Inc.

Charlie and Neil 100 Main St.

Hornell, N. Y.

CHURCH SERVICES

hursday, Nov. 20, 1947.

GEVENTH DAY BAPTIST . Sabbath Services 2:30 P. M. Chance for Protestantism." Sappath Berry Subject: | Prelude: Thanks be to God' | by Sheppard And And Dest We Forget," Deut. 8. Our Father's God, to Thee

To Thee we sing: With freedom's holy light; Protect us by Thy might Great God, Our King.

PRESBYTERIAN Albert Rogers, Stated Supply Tonight, 7:30, choir rehearsall

10:30 a. m., morning Prelude, "Thanks Be to God," "I Am Still With I

"Thanks," O'Hara.

service at 7:30 p. m.

BAPTIST Rev. E. W. Hoyt, Pastor

ROGERS BROS.

Heavily silverolated — beauti-Remembrance 1847 Rogers Bros, has the rich appearance and "quality" feel of solid silver.

52-PIECE SERVICE FOR EIGHT including Anniversary Silver Chest

\$64.75 100 - PIECE SERVICE FOR EIGHT, \$100. tennial Silver

A. McHENRY & CO. For Nearly a Century 106 Main St. Hornell AND TO THE POST OF THE PARTY OF a community Thanksgiving ser-Pelton. vice will be held in the church Thursday Bible study, 7:45 p. Miss Phyllis Mitchell will sing.

FIRST METHODIST CHURCH with the music furnished by the m. Rev. Raymond R. Taylor, Pastor young people. Rov. Archie W. MacDougald, Pastor Emeritus

ling Nov. 26, at 7:45.

ance of music will be combined with the Old New England Thanksgiving worship Everyone welcome.

ALLIANCE 7:30 Tuesday evening; choir rehearsal at the church.

INDEPENDENCE S. D. BAPTIST Sunday school, 11:30. Theodore Hibbard, Pastor Regular church services Sab- "An All Sufficient Saviour," bath morning. Sunday evening at 8 o'clock 9:30 a. m. at the home of Mrs.

> DUE TO BEING CLOSED THANKSGIVING DAY

Our mill will be open all day Tuesday, Wednesday, Friday and Saturday instead of the regular days.

WELLSVILLE FEED & SUPPLY

The qualities of the European the first part of the service, Miss local lay christians. All welcome. Harvest Festival with an abound

by Sheppard. Anthem: "Teach CHRISTIAN AND MISSIONARY Le School at 3:30 p. m. Clif- Me the Way."

Gordon Larson, Pastor Morning worship, 10:30. Sermon, "Who are you Thanking." Evening service, 7:45. Sermon Wednesday prayer service at

ANDOVER FIREMEN'S

This Sunday evening during evening services to be put on by

THANKSGIVING Celebration

ANDOVER FIRE HALL SATURDAY NIGHT, NOV. 22

Starting at 7:45

Turkeys - Chickens - Ducks Baskets of Groceries - Flour, etc. A FINE EVENING'S ENTERTAINMENT!



Let's Keep America "In Business!"

L business depends on adequate, depend- earnings. But even with the recent_10% able railroad transportation to keep manu- emergency freight rate increase—even factusers supplied and their finished goods though more freight is being carried than flowing to consumers.

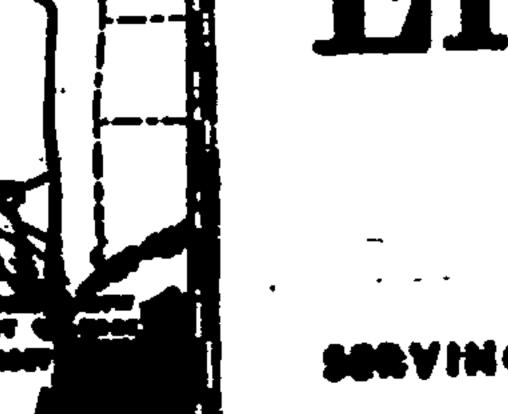
The future growth of American business depends on the ability of the railroads to match that growth with expanded service and facilities.

HE continued success of American To do this, the railroads must depend on Here is why: ever before in peacetime, the railroads expect to earn only about 3% on their property investment in 1947*.

> Based on Net Railway Operating Income, before bend interest and dividends.

Since 1939 payrells are up more than 68.7% Costs of supplies and materials are up 87.7% Freight rate increases everage only 28.0%

Everyone agrees that 6% is the minimum return needed by any business to exist and grow as a free enterprise. The railroads are asking for the opportunity to earn that 6%, the better to serve all America.





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-OPEN EVENINGS UNTIL 8:30 P. M.—