## The Tawas Herald



## Baseball Schedule <br> Mrs. Mary DeLand




## achirvenient <br> DAY HAS 175 IN ATTENDANCE

Home Economics Groups Exhibit Attrac
Projects

EAST<br>TAWAS






UNIFORM IMPROVED INERNATIOMAL

## Sunday Lesson

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Lesson for May 14



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## IDOLATR <br> ${ }_{\text {The }}^{\text {TN }}$



SEEDS DONT<br>MVEFOREVER:

Plant

## 

 They're Dated!

FERRY'S Dated

Were you ever alone in a strange city?


KNOW YOUR NEWSPAPER

## THE SUNNY SIDE OF LIFE

( Clean Comics That Will Amuse Both Old and Young



## What to Eat and Why

C. Houston Goudiss Gives Timely Advice on Planning Meals for Languid Appetites
By C. HOUSTON GOUDISS
A velop a finicky attitude toward food, many families de table with little appetite and claim that nothing tastes good.
Before you reproach them, however, give some thought to the type of meals you are serving. Do they contain an
abundance of crisp, succulent greens which tempt the eye abundance of crisp, succulent greens which tempt the eye
and the palate and furnish important minerals and vitamins? appetite-stimulating fruito their refreshing flavors and

acids? Have you cut down sut | somewhat on carbohydrates |
| :--- | :--- |
| some. And that in itself may be |
| and fats? Or are you still |
| responsible for a feeling of lassii |
| offer a lack of interest in |
| offering enough energy | offering enough energy foods

at each meal to supply the $\begin{aligned} & \text { eating. Here again fruits and } \\ & \text { vegetables are important. To- }\end{aligned}$ at each meal to supply the
fuel requirements of cold
winter days? $\begin{aligned} & \text { gether with whole grain cerea } \\ & \text { and breads, they constitute our } \\ & \text { most important source of bulk }\end{aligned}$

 ficient amounts if food is to be
$\qquad$
$\qquad$

AROUND 艮
the HOUSE $\begin{array}{ll}\text { Longer Life for the Broom.-An } & \text { No More Frayed Edges.-Trou- }\end{array}$ dipped in boiling soapsuds for a sers will not fray along the edge
of the turn-up if a strip of skirt
binding is sewn just inside, where
When Buying Kitchen Tools.-
Consider their weight, the sharp-
Consider their weight, the sha
ness of the cutting edge, and h
comfortable their handles are.

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