

Proper Food and Exercise  
By ARTHUR A. McGOVERN  
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**For Better Looks  
Watch Living Rules**

WHAT is the story your face tells? Are there tired lines and wrinkles? Flabby muscles? Ugly eruptions? Your face is a perfect mirror of the condition of your entire body, and if you have ever looked in this mirror critically, you can see pictured there the story that is no secret to the rest of the world. In matters of health, if a person is organically sound, there are few new ideas. The age-old, simple rules will suffice in most cases. If you want to be beautiful—for robust health is the only safe road to beauty—practice these fundamental rules of health. Moderation should be the keynote. Moderation in eating, working and playing. Nothing is more essential than sufficient rest, plenty of fresh air and sunlight. A prop-



DIET AND EXERCISE FOR A CLEAR SKIN

erly balanced diet and correct exercise—both diet and exercise suited to your activity—are not the least important beautifiers.

**A Moderate Diet**  
**BREAKFAST:** Grapefruit or orange juice; one egg boiled or poached; two graham, bran or corn muffins; coffee substitute, cocoa or weak tea. Between breakfast and lunch, two glasses of water.  
**LUNCHEON:** A vegetable luncheon consisting of any of the following: spinach, peas, egg plant, string beans or corn; glass of milk; dark bread; gelatin, rice or tapioca pudding. Between lunch and dinner, three glasses of water. **DINNER:** One helping of lean meat, fish or chicken broiled; one green vegetable; a baked potato; gelatin salad; stewed fruit; hot drink.

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**Meat Contest Winner**



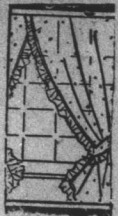
Miss Martha Sue Buttrick of Asheville, N. C., has just been declared champion of the state on the merits of a meat essay submitted in the Fourth National Meat Story Contest for high-school girls. Miss Buttrick is a sophomore in the Asheville High School. Her essay placed fourth in the entire southern district of 12 states. Announcement of her success was made by the National Live Stock and Meat Board, sponsor of the contest in which nearly 14,000 girls competed. Awards included university scholarships and cash.

**PACIFIC FLIERS COULDN'T FIND FOOD**

Offered Pangs of Hunger While Chicken and Coffee Were Within Arm's Reach.  
Honolulu, June 29.—Lieutenants Highland and Hegenberger, who made history in their flight from the California mainland to Hawaii, suffered from the pangs of hunger during the voyage while hot coffee, chicken sandwiches and hot soup lay within arm's reach.

Dispersed in their narration of their flying exploit were references to hunger that tore at the sides of these healthy young men persistently. In the preparations for departure, they had trusted friends to provide the food. They had been assured the chicken, soup and coffee, though they searched repeatedly through the long day and longer night, they found them not. Still, they refused to accuse friends. At this point another officer broke in: "Look over that fish! Why didn't you look under it?" I found enough under a tarpaulin to feed you and me. I'm going over your plane when you're asleep."

Novelty Ruffled Curtains  
Barred Marquessette  
Tiebacks and Valance  
Complete 85c Pr.



**Robinson's**  
CONCORDS BETTER STORE  
**FOURTH ANNUAL**

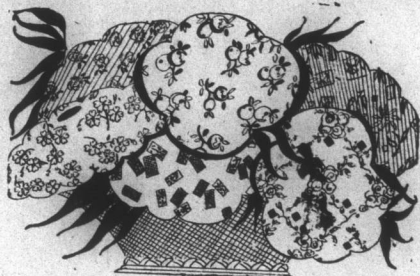


Rayon and Cellanese  
Underwear, Bloomers,  
Stepins, and Teddies  
85c

# July Clearance Sale

—BEGINNING TOMORROW—

A SWEEPING CLEARANCE THROUGHOUT OUR ENTIRE STORE — COME EARLY!



**New Summer Silks**  
Selections To  
Delight Everyone.

- Genuine Honan Pongee ..... \$1.00 Yd
- Stripe Broadcloth Silks ..... \$1.50 Yd.
- Corticelli Thistle-down ..... \$2.50 Yd.
- Washable Crepe de Chine ..... \$1.35 Yd.
- Washable Flat Crepe ..... \$1.65 Yd.
- 40-Inch Baronet Satin Royal ..... \$1.00 Yd.
- 36-Inch Radium Silk ..... \$1.00 Yd.
- 40-Inch Pure Silk Radium ..... \$1.35 Yd.
- 40-Inch Printed Crepe de Chine ..... \$1.59 Yd.
- 36-Inch Printed Silk Radium ..... \$1.00 Yd.

### There Is A Reason For It

"Hasn't this been one of the coolest summers you ever saw? Why, there have not been many evenings this summer when a little fire in the house didn't feel downright comfortable. Of course, we're going to have plenty of hot weather later, and when it does come, it is going to be terribly hot.

"In the meantime, we've got lots of summer goods on hand that must be sold. In a few weeks from now you will need them, and need them badly. We won't—because then we will be thinking about our fall goods. Of course, had we known the early part of the summer would be cold, we wouldn't have bought so heavily. However, our loss is your gain. Look—see what this cold weather has done to our prices!"

### Famous

- Year Round Zephyrs
- Everfast Playtime Prints
- Cotton Blossom Prints
- Miss Muffet Prints
- Guaranteed Fast Colors
- 33c** Yard

### Mary Dear Perfect Print Silks

- Sheer Weight For Midsummer
- Guaranteed Fast Colors
- 65c** Yard

### Printed Dimity & Batiste Guaranteed

- Absolutely Fast Colors
- New and Exclusive Patterns
- 33c** Yard

### Genuine Charmeuse Prints

- NEWEST PATTERNS  
and  
ABSOLUTELY FAST COLORS
- 39c** Yard



**New Summer Cottons**  
A Carnival of Lovely  
Dress Patterns.

- 40-Inch Fast Color Voiles ..... 29c Yd.
- Powder Puff Lingerie ..... 29c Yd.
- Cotton Underwear Crepe ..... 15c Yd.
- Novelty Print Voiles ..... 29c Yd.
- Printed Dress Crepes ..... 29c Yd.
- Printed Organdy ..... 45c Yd.
- Imported Dotted Swiss ..... 59c Yd.
- Novelty Rayon Suitings ..... 35c Yd.
- Shadow Stripe Satinette ..... 29c Yd.
- 36-Inch Creton Fast Color ..... 19c Yd.
- Toile Du Nord Gingham ..... 19c Yd.
- 36-Inch Krinkle Crepe ..... 15c Yd.
- Chimosa Nainsook ..... 45c Yd.
- Fast Color Challis ..... 33c Yd.

Full Fashioned Silk Hose Silk to Hem <b>\$1.00</b> Pair	90 Inch Pure Linen Sheeting Extra Fine <b>\$1.95</b> Yd.	Pepperell 9-4 Sheeting Bleached <b>39c</b> Yd.	Erinmade Oyster Linen Finest Quality Irish <b>59c</b> Yd.	GENUINE MILANESE GLOVE SILK UNDERWEAR Vests ..... <b>\$1.45</b> Bloomers ..... <b>\$1.79</b> Brassieres ..... <b>50c</b>	Colored Linen Suit- ings All Colors <b>45c</b> Yd.	Porto Rican Hand Made Gowns Flesh, Pink, Peach Or- chid <b>88c</b>	PURE THREAD SILK Top To Toe, Chiffon and Service Weight, Full Fashioned <b>\$1.39</b> Pair	Father George and Chadwick LL Sheeting <b>10c</b> Yard
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Marked at Give Away Prices For Immediate Disposal

## Summer Dresses

Lowest Possible Prices

300 Distinctive Styles and Models

ABSOLUTELY—Without hesitation—we proclaim these the greatest dress values we have offered this season. The very newest Spring and Summer styles—superior quality materials—the newest style touches—all add to their attractiveness. No effort has been spared to secure the finest dresses on the market today for this low price.

### 3 GREAT GROUPS

**\$7.85 \$11.85 \$19.50**

- \$19.50 VALUES TO \$39.50
- \$11.85 VALUES TO \$25.00
- \$7.85 VALUES TO \$16.50

## Summer Coats

Saves You Plenty

Unrestricted Choice - 1/2 PRICE and LESS

their real value! Coats with smart bows, tucks, pleats, tiers, Moire ribbons and hundreds of other effects! The wonderful materials—the lavish fur trimmings—the expensive tailoring and enriching details tell you

### NEW MILLINERY

HATS FOR EVERY OCCASION FOR EVERY TYPE, FOR EVERY POCKETBOOK

3 PRICE GROUPS

**\$1.00 \$1.95 \$3.95**

VALUES TO \$15.00

