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Misses Shankle, Bowers, Brady, Pearce Seek Queen’s Crown

PERSONALS

Mrs. Henry Alexander, chairman of the East End Home Auxiliary, held Sunday dinner in a corner of the American Legion Hall in West Paducah. Among those present were Misses Fannie France, Miss Abbie Spain and Misses Flora Jones and Mrs. J. T. Estes. Misses France and Miss Spain were assisted by Mrs. A. S. Wolfe, Mrs. J. T. Jones, Mrs. A. McCall and Mrs. W. T. Estes.

Mrs. J. T. Estes and Mrs. A. S. Wolfe were present at the meeting of the Federation of Women’s Clubs at the home of Mrs. R. L. Hume.

Mrs. H. A. Ellsworth entertained her friends at a tea and bridge meeting on Sunday afternoon.

Mrs. J. T. Estes, Mrs. A. S. Wolfe and Mrs. D. A. Little entertained a number of their friends at a tea on Sunday afternoon.

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YOUR HEALTH
by C. W. CURLIN M.D.

HOW AND WHEN TO EAT
Your body is a very delicate machine. To keep it in working order, it must be nourished properly. There are certain foods that are essential for health. In general, the body requires three staple foods: carbohydrates, proteins, and fats. These are the building blocks of your body and should be consumed in proper proportions. The body also needs vitamins and minerals to function correctly.

Food is the fuel that powers your body. It provides energy for your daily activities. Eating a balanced diet is crucial for maintaining good health. A healthy diet should include a variety of foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats. Limiting processed foods, sugar, and saturated fats can help reduce the risk of chronic diseases.

how to eat

1. Eat a balanced diet: Include plenty of fruits, vegetables, whole grains, lean proteins, and healthy fats in your meals.
2. Eat smaller meals: A few small meals throughout the day can help maintain stable blood sugar levels and prevent overeating.
3. Eat slowly: Take the time to enjoy your food and savor each bite.
4. Drink water: Stay hydrated to support digestion and overall health.

In conclusion, eating a nutritious and balanced diet is essential for maintaining good health. By choosing a variety of healthy foods, eating slowly, and staying hydrated, you can help ensure your body receives the nutrients it needs to function properly.
Sunday with Miss Battle Finch. — Mr. and Mrs. Albert H. Whist ion, Mr. and Mrs. C. H. Hard, and Mr. and Mrs. H. E. B. Swindell spent Sunday afternoon with Mr. and Mrs. Allen Smith. — Mr. and Mrs. C. H. Hard and Mrs. M. E. Smith spent Sunday with Mr. and Mrs. E. C. Burwell. — Mr. and Mrs. C. H. Hard and Mr. and Mrs. J. E. Craig, of Topeka, Kansas, spent Sunday with Mr. and Mrs. E. C. Burwell and Mr. and Mrs. J. E. Craig. — Mr. and Mrs. E. C. Burwell, of Topeka, Kansas, visited here Sunday. — Mr. and Mrs. C. H. Hard and Mr. and Mrs. J. E. Craig, of Topeka, Kansas, spent Sunday with Mr. and Mrs. E. C. Burwell and Mr. and Mrs. J. E. Craig.

CRUTCHFIELD NEWS

Mr. and Mrs. Albert H. Whist ion, Mr. and Mrs. C. H. Hard, and Mr. and Mrs. H. E. B. Swindell spent Sunday afternoon with Mr. and Mrs. Allen Smith. — Mr. and Mrs. C. H. Hard and Mrs. M. E. Smith spent Sunday with Mr. and Mrs. E. C. Burwell. — Mr. and Mrs. C. H. Hard and Mr. and Mrs. J. E. Craig, of Topeka, Kansas, spent Sunday with Mr. and Mrs. E. C. Burwell and Mr. and Mrs. J. E. Craig. — Mr. and Mrs. E. C. Burwell, of Topeka, Kansas, visited here Sunday. — Mr. and Mrs. C. H. Hard and Mrs. M. E. Smith spent Sunday with Mr. and Mrs. E. C. Burwell and Mr. and Mrs. J. E. Craig. — Mr. and Mrs. E. C. Burwell, of Topeka, Kansas, visited here Sunday.

$1.30 a Roll-
Sealed Against Fire, Thieves, Storms, Accidents, Tornado, etc.

A. HUDDLESTON, Hardware

See These Stars

Dick Powell
Al Jolson
Kay Francis
Delores Del Rio
Hal Leroy
Richard Cortez
Guy Kibbee
Hugh Herbert
Ruth Donnelly
Fifi D'Orsay
Henry Kolker
and others

Hear These Tunes

‘Wonder Bar’
‘Going to Heaven on a Mule’
‘Don’t Say Good Night’
‘Why Do I Dream Those Dreams’
‘Vive La France’
You'll hum these tunes for weeks.

SPECIAL MIDNIGHT SHOW
Saturday Apr. 21
at 11:30 p.m.
No Advance in regular Admission Prices.

DOORS OPEN
SUNDAY AT
12 NOON
Continuous Show All Day