

## Healthy Babies Depend On Vitamin B, Government Experts Discover In Tests With Milk, Grain And Fruit

If the baby is to grow and be healthy, it must have vitamin B, preferably in its mother's milk. For the mother's milk to contain vitamin B, the mother herself must have plenty of food rich in vitamin B. That means milk, whole grain cereals, eggs, vegetables, fruits. This warning, the Bureau of Home Economics points out, is more than ever needed where food supplies are short and pocketbooks low in cash. Mother and the baby have special needs, and for them the pocket book must somehow be stretched—if not the family pocketbook, then the community chest.

### VITAMIN B NEEDED

Nutritionists have found, the bureau says, that deficiency of vitamin B in the food of the expectant or nursing mother means either very poor mother's milk for the baby, or none at all. Some authorities go so far as to say there may not even be any baby, if an expectant mother is suffering from a vitamin B deficiency.

Vitamin B is found, it is true, in so many kinds of food, that any well-fed human being is practically certain to get it in sufficient quantity for ordinary needs. But this vitamin is not stored in the body so effectively as are the other vitamins. Therefore, to meet the double need of mother and baby, before and after the baby is born, mothers require a special intake of foods rich in vitamin B. Even this, it has been proved, may not guarantee enough vitamin B for the baby, and that is another reason for the tomato juice, or orange juice, nowadays recommended for babies as a source of vitamin C. Both tomatoes and oranges are rich in vitamin B as is whole milk.

### IS ANTI-NEURITIC

Babies especially must have vitamin B, the food scientists say. Without it the appetite fails; without appetite the baby does not eat enough and with too little food growth is stopped. Also—and for good reason—this vitamin is called anti-neuritic. For children or adults, a diet deficient in vitamin B, or the failure of the body to utilize vitamin B, brings about, in extreme cases, a condition of acute nervousness and paralysis of muscles, especially of the legs and digestive organs.

The list of foods that furnish vitamin B is a long one. Good milk (fresh, evaporated or dried), eggs, citrus fruits, tomatoes, green leafy vegetables, green peas, green asparagus, potatoes, (in fact, fresh vegetables in general, as well as dried beans or peas), bananas, apples, peaches, grapes, fresh prunes, and other fresh fruits—all of these furnish vitamin B. Whole grain cereals, also, such as whole wheat, whole corn and brown rice, are rich in vitamin B. That is why they are a good "buy" if you can afford an unlimited variety of foods.

### RECIPES

**Spanish Sauce**  
2 tablespoons chopped onion  
4 tablespoons bacon fat  
3 tablespoons flour  
2 cups canned tomatoes  
1 No. 2 can peas

## FRIDAY IN CONGRESS

**By United Press**  
**SENATE**  
Adopted conference report on Glass-Steagall bill to expand federal reserve currency and credit.

Committee on territories and insular affairs reported a bill giving independence to the Philippine islands within an estimated period of 18 or 19 years.

The interstate commerce committee approved the nomination of Thad Brown, of Columbus, O., to be a member of the federal radio commission.

Continued debate on the Norris anti-union bill.

**HOUSE**  
Adapted conference report on the Glass-Steagall federal reserve currency and credit expansion bill.

Claims committee voted \$5,000 to Nick Vasilovich, of Milwaukee, whose mother was electrocuted while standing in a pool of wine spilled by prohibition agents.

Postmaster General Brown was accused on the floor of showing favoritism in awarding mail contracts to certain aviation and shipping companies.

Unemployment committee adopted special rule for early consideration of the \$120,000,000 highway construction unemployment relief bill.

### SUITS FILED IN DISTRICT COURT

Thomas C. Vickers vs. Mary Lane Vickers, divorce. Married in Portland, Ore., January 13, 1926. No children or community property. Complaint alleges extreme cruelty. I. S. Thompson, attorney for the plaintiff.

David Foster vs. Jenney Foster, divorce. Married in Lancaster, N. H., August 1, 1930. No children or community property. Complaint alleges extreme cruelty. Roland H. Wiley, attorney for the plaintiff.

Pearl Crisp vs. Harvey Crisp, divorce. Married in Santa Rosa, New Mexico, February 17, 1917. Two minor children in the custody of the defendant. No community property. Complaint alleges extreme cruelty. Salter and Marshall, attorneys for the plaintiff.

Clifford E. Bane vs. Martha M. Bane, divorce. Married in Newcastle, Penna., September 24, 1924. No children or community property. Complaint alleges extreme cruelty. Roland H. Wiley, attorney for the plaintiff.

## BOULDER BRIEFS

(Continued from Page Three)

much impressed with the progress made at the tunnels. Kulp is branch manager of the Ingersoll-Rand companies offices at Salt Lake City and Brennan is one of the salesmen. They returned home Friday morning.

### BREAKS LEG

Lorne Craig suffered a broken leg early yesterday morning when he jumped out of one of the big Six Companies buses. He was taken to the Six Companies hospital for treatment.

### IN HOSPITAL

T. D. Rice is in the Six Companies hospital suffering from second degree burns, suffered while tending the furnace in one of the dormitories.

### GATHER CACTUS

Mr. and Mrs. C. B. Force, accompanied by L. D. French motored out the Needles highway Tuesday and spent the day gathering cactus plants to transplant in their gardens.

### GO SHOPPING

Mrs. B. A. Autzen, accompanied by her two daughters, motored into Las Vegas last Thursday on a shopping trip.

### FROM CEDAR CITY

Mr. and Mrs. W. D. Davis entertained Mrs. Gibbs and her sons of Cedar City, Utah, Friday at their home in Boulder City.

### CHILD IS BETTER

Little Betty Ione Knight, who has been under physicians' care for several weeks past, is reported to be improved.

### PARENTS VISIT

Mr. and Mrs. J. T. Woods of Canton, Miss., accompanied by their daughters, Fontaine, Erceelle and Clarice, are the guests of their son and wife, Mr. and Mrs. J. T. Woods, Jr., of Boulder City.

### WILLIAMSVILLE VISITOR

Mr. and Mrs. K. R. Williams of Boulder City spent Tuesday visiting Mr. and Mrs. L. Wilson of Williamsville.

### MOTORS TO VEGAS

Mrs. A. V. Towler motored to Las Vegas Thursday evening.

### ATTEND SHOW

Mr. and Mrs. Howard Doolittle and Mr. and Mrs. Ernie Stokes motored to Las Vegas Thursday evening to attend the theater.

### VEGAS VISITORS

Mr. and Mrs. A. L. Ott were Las Vegas visitors Thursday evening. While there they attended a show.

## Professional Talent Discovered Here; To Aid in Pageant Saturday

The 150 children of "A Night in Dreamland" and some of the adult members of the cast who will present the community pageant at the Elks club on next Monday and Tuesday nights, will appear in a unique street pageant and parade on Saturday afternoon at 3:30.

The young folks will be costumed in nightgowns and pajamas, carrying bed pillows and candlesticks. There will be fifty Red Cross nurses, forty dancing clowns under the leadership of a professional clown, L. DuPlessis, late leading clown of Spark's circus, one of the several professional people Director Wellington discovered residing in Las Vegas; thirty dancing dolls, Hawaiian dancers, Japanese dancers, dream girls, nurse maids and some of the chorus people of the mammoth cast. The parade will appear in the business district and a lively time is anticipated with the children giving their "Dreamland" yell and singing their choruses.

The chorus of 100 voices was heard on the air Thursday night, following the broadcast at Station KGIX, a rehearsal was held in the broadcasting room. The final rehearsals are to be held tonight at the Elks club, which will be closed to visitors.

A crew of carpenters and electricians are busily engaged preparing the special stage for the production, and a committee of women and girls are making thousands of pink and white chrysanthemums and American beauty roses for the stage decoration.

Jack Chenoweth, a former vaudeville sensation in original tap dancing will present a group of crack tap dancers, and be featured in the night club scene in several dances.

Tickets are on sale at all drug stores, and purchasers of advance

## PUBLIC DOMAIN HEARINGS NEAR

WASHINGTON, Feb. 26. (AP)—Hearings on bills to transfer ownership of the public domain to the states will be started within the next three weeks, with the first action due in the house lands committee March 15.

The senate lands committee starts hearings soon afterward, so the same witnesses may be heard by each group.

**MAYTAG SALES & SERVICE**  
Expert Washing Machine Repair  
15 Years Factory Experience  
J. F. WILSON, Mgr.  
112 No. 3rd St. Phone 153

## GARNER FLAYS G. O. P. REGIME

WASHINGTON, Feb. 26. (AP)—Speaker John Garner, Democratic presidential possibility, today charged that President Hoover "has led us into the greatest depression the world has ever known."

Garner's attack was provoked by the remark of Assistant Secretary of Navy Ernest Lee Jahncke in Ohio last night, that Mr. Hoover has furnished so much leadership in the world that the Democrats are "dizzy."

Additional members of the cast of children are:  
Theresa Watson, Lafee Clark, Juanita Stanley, Ione Pugmire, Lorraine Knott, Margie Snow, Roselle May, Laverle Haycock, Frances Carroll, Rose Segura, Lena Segura, Nellie Owens, Gail Barnum, Georgia Mae Bryan, Ethel Barnum, Mary Rowan, Esperanza Morales, Minnie Lee Bryan, Hazel Bryan, Gay Myers, R. Myers, Mesline Morgan, Georgia Ball, Bessie Ball, Vivian Brown, Ada Linda Myers, Shirley Mae Ferriell, Geraldine Ferriell, James Van Hosen, Thornley Barnum, John Henry, Jack Morgan, Robert Gilbert, Jack Lyons, Billie Christian, Clifton Powell, Jack Harrington, Clifton Feland, Stanley Joe Barker, Lloyd Kramer, Leo Malone, Burton Barrett, Max Hampton.

## Lost! use the CLASSIFIED

PHONE 7

## SILVER STATE MARKET

FIFTH AT FREMONT

### VEGETABLE DEPARTMENT

POTATOES, Selected Russetts	\$1.10
100 pound sack	
BANANAS, large golden yellow	25c
4 pounds for	
CELERY, large crisp Utah	25c
3 bunches for	
APPLES, Colorado Rome Beauty	25c
AND WINESAPS, 7 pounds	
LEMONS, large and juicy	25c
3 dozen for	
LETTUCE, large Imperial iced	05c
Per head	
DATES, fresh imported	23c
2 pounds for	
ORANGES, sweet and juicy	25c
5 dozen for	
Sweet Potatoes, medium size	25c
Stringless, 7 pounds for	
POTATOES, Selected Russetts	13c
10 pounds	

### MEAT DEPARTMENT

ROUND STEAK, Cut From	22c
Puritan Baby Beef, pound	
PORK LOIN STEAK	15c
Per pound	
POT ROAST	15c
Per pound	
Cut from Cudahy's Puritan Steer	
LIVER, Sliced for Frying	25c
3 pounds for	
RABBITS	28c
Per pound	
Young Fryers	
BOILING BEEF	25c
2 pounds for	
LEG OF BABY LAMB	22c
Per pound	

## WARD'S CASH & CARRY

No. 2

Same Prices at No. 1—110 Fremont; No. 3—101 Fremont

SUGAR, Cane	47c
10 pounds for	
PINEAPPLE, Silver Bar	28c
2 No. 2 1/2 cans	
PINEAPPLE, Del Monte	16c
2 No. 1 flat cans	
PEAS, Silver Bar	25c
2 No. 2 cans	
TOMATOES, Silver Bar	17c
2 No. 1 cans	
OLIVES, Ripe	21c
1 quart medium can	
TOMATO SAUCE	29c
Del Monte, 6 for	
SOAP, Ben Hur	29c
10 bars for	
PRUNES, 50-60 Count	20c
3 pounds for	

## Pay Day Specials

at  
STORE NO. 1—110 FREMONT  
STORE NO. 2—FIFTH & FREMONT (Silver State)  
STORE NO. 3—101 FREMONT

### TODAY

Sugar, Cane	47c	Tomatoes, Silver Bar	17c
10 lbs.		2 No. 1 cans	
Pineapple, Silver Bar	28c	1 lb., 2 oz. can	21c
2 No. 2 1/2 cans		Olives, Ripe	
Pineapple, Del Monte	16c	Tomato Sauce	29c
Flat, 2 No. 1 cans		Del Monte, 6 for	
Peas, Silver Bar	25c	Soap, Ben Hur	29c
2 No. 2 cans		10 bars	
EGGS	35c	BUTTER	25c
2 dozen		Pound	
		PRUNES	23c
		3 pounds	

## POTATOES 25c

25 pounds for

at  
STORES NO. 1 AND NO. 3 ONLY  
(Mesquite Grocery and Ward's No. 1)

# Tower

# DRIVE IN Market

"Where Your Dollars Have More Cents"

Milk, Max-I-Mum	29c
Tall cans, 5 can limit, 5 for	
Butter, No. 1 Best	25c
Fresh Creamery—pound	
Jam, Sonny Boy	65c
All flavors, 2 lb.-6-oz.—2 for	
White King Powder	69c
Large Size—2 limit—2 for	
Eggs, Strictly Fresh	19c
Per dozen	
These are the best eggs on the market	
Hill's Coffee	71c
Red Can, 2 lb. can, 2 pound limit	
WELCH'S	
Tomato Juice	25c
Special, 4 bottles	
4 oz. in glass—the best	
Peanut Butter	29c
Special, 2 pounds for	
In glass—extra fine quality	
Oysters, 5-oz. cans	10c
Special, per can	
Fine quality—5 can limit	
Sugar, cloth bag	49c
10 pounds for	
Peaches	31c
No. 2 1/2 cans—2 for	
Extra Special—Stock up, Price Going Up	
Sardines, imported	25c
Norwegian, reg. 18c—3 for	
Limit 6 cans	
Corn & String Beans	29c
No. 2 large cans—3 for	
Fine Quality	
White Beans	23c
Extra Special; Stock up; 7 lbs.	
Russett Potatoes	\$1.00
Per sack	
Bananas	19c
Yellow Ripe—per dozen	
Spinach	25c
Fresh and Green, 4 pounds	
Celery Hearts	5c
Utah, each	
Avocados	25c
Best variety, 3 for	
Peanuts	25c
Fresh Roasted, extra special, 2 lbs.	
Apples	25c
Delicious or Banana, 5 lbs.	
Lemons	25c
Extra fancy—2 dozen	
Winesap Apples	25c
8 pounds for	
Oranges	24c
Very sweet and juicy—3 doz.	