

Paths to Glory

12 Ways to Get Your 'Pitcher' in the Paper



HOLLYWOOD TEMPO

"And so your son is a cinema actor in Hollywood," said the vicar to the local farm worker. "How interesting."
 "Yes, sir," agreed Giles. "E's been away four years now."
 "And have you seen him at all since he went?"
 "Why, yes, sir. 'E's bin 'ome these three last Christmases."
 "And did he bring a wife back with him?" asked the interested vicar.
 "Every time, sir. And three prettier girls you couldn't 'ope to see."—London Answers Magazine.

How to Beat It

Wife—Every time I get ready to go shopping you say you haven't any money. Why don't you see Broker Skjold and get him to give you some tips on the stock market?
 Hubby—My dear, speculation on the stock market is always a big gamble. One gains one day and loses the other.
 Wife—Then it should be easy. Only speculate every other day.—Pathfinder Magazine.

USE FOR TOOLS



Boss—This is a pretty rough letter I've just received—file it—Henry.
 Clerk—Perhaps it would smooth matters more if I sandpapered it, sir.

Coldly Calculating

"He writes a long letter every day?"
 "Yes," said Miss Cayenne.
 "And yet you refuse to marry him?"
 "Of course. A man who devotes so much time to letter writing cannot possibly have time to develop much earning capacity."

Nice for the Cows

An old farmer's city cousin paid him a visit. When he left the farm he offered to send the farmer a new hat. "What kind would you like, John?" he said, "felt or straw?"
 The old farmer thought quickly. "Straw," he said at last, "cos when I've finished with it it will do nicely for the cows."

Cheerful Either Way

Anxious Old Lady (on river steamer)—I say, my good man, is this boat going up or down?
 Surly Deckhand—Well, she's a leaky old tub, ma'am, so I shouldn't wonder if she was going down. Then, again, her b'ilers ain't none too good, 'n she might go up.

A Bug

Clerk (assessor's office)—Fellow outside says you've assessed his real estate too little by \$20,000.
 Assessor—Give him a cigar and keep him quiet while I telephone the asylum!

Answered

Mistress (engaging new maid)—And what is your religion?
 Maid—Well, mother goes to church and father goes to the chapel. But me—I'm wireless.

Couldn't Be Helped

Jim—No getting around it—there's one person you have to take your hat off to.
 Tim—Who's that?
 Jim—The barber.

Helpful

Old Lady—Where can I catch a street car, young man?
 Young Man—By the handle of the door is the best place, lady.

RED LIGHT



Uncle County Bug—Now which block did John say he lived on.

Power of Suggestion

Mother—I don't think the man upstairs likes Johnnie to play on his drum.
 Father—Why?
 Mother—Well, this afternoon he gave Johnnie a knife and asked him if he knew what was inside the drum.—West Point Pointer.

His Choice

Young and Inexperienced Father (looking at triplets the nurse had just brought in)—We'll take the one in the middle.



YOU MIGHT BECOME A CHECKER-PLAYING CHILD PRODIGY LIKE JOHNNY LOUGHBOROUGH; OR TRY FALLING ASLEEP WHEN THERE'S A CROWD AROUND.



BE A PRESIDENT'S WIFE; IF THAT'S IMPOSSIBLE, JUST BE PRESIDENT. OR A SWEEPSTAKES WINNER LIKE WILLIAM SCHOENBECK OF EVERETT, O.



PEOPLE WHO CHOOSE TO GET MARRIED WHILE RIDING ON AN AQUAPLANE ALWAYS GET THEIR PICTURES IN THE PAPER; SO DID THIS RHINOCEROS!



KISS YOUR SWEETHEART IN PUBLIC OR LOSE YOUR TROUSERS IN A COLLEGIATE DOG FIGHT. IF THAT FAILS, WIN A FRANKFURTER-EATING CONTEST.



START AN ORGANIZATION LIKE THE 'TAXCENTINELS' AND CORRAL ALL THE PENNIES IN TOWN. LASTLY, POSE IN A BATHING SUIT. IT ALWAYS WORKS!

The Friona Star

JOHN W. WHITE
Editor and Publisher

Subscription Rates:
One Year, Zone 1 \$1.50
Six Months, Zone 1 \$.80
One Year, Outside Zone 1 \$2.00
Six Months, Outside Zone 1 \$1.25

Entered as second-class mail matter, July 31, 1925, at the post office at Friona, Texas, under the Act of March 3, 1879.

Any erroneous reflection upon the character, standing or reputation of any person, firm or corporation which may appear in the columns of the Friona Star will be gladly corrected upon its being brought to the attention of the publisher.

Local reading notices, 2 cents per word per insertion.

Display rates quoted on application to the publisher.

POLITICAL ANNOUNCEMENTS

The Friona Star is authorized to announce the following list of persons as candidates for the offices shown above their respective names, subject to the decision of the Democratic Primary Election, to be held on Saturday, July 23, 1938.

FOR SHERIFF
A. D. HINSON.
EARL BOOTH (Re-election)
CHAS. LUNSPORD.

FOR COUNTY JUDGE
Walter Lander (Re-election).
LEE THOMPSON
D. K. ROBERTS.

FOR COUNTY AND DISTRICT CLERK
E. V. RUSHING (Re-election).
A. M. EZELL
LEO McLELLAN.

For County Treasurer:
ROY B. EZELL (Re-election).
E. G. (BLACKIE) WILLIAMS.

For County Attorney
A. D. SMITH.

For County Commissioner, Precinct No. 1:
J. M. W. ALEXANDER (Re-election).

L. F. LILLARD.
A. B. (BEE) SHORT.
W. E. (TOM) FROST.
I. L. (JIM) SHAPPER.

For District Attorney:
JAMES W. WITHERSPOON

CHARLEY DEE, Cont.

have you grown larger or shrunk smaller?

"What we do day by day determines what we become. Hour by hour we build our lives for better or for worse. A daily inventory will help to keep us on the right track, headed toward our highest ideals." (Quoted from Methodist-Protestant Recorder.)

FOR SALE—One John Deere Tractor, Model "D." See P. L. New, Friona.

GEORGE REED HAS BROKEN ARM

George Reed, the 12-year-old son of Mr. and Mrs. Frank Reed, met with a very painful accident, which might have ended fatally, when he fell from the top of a windmill tower at his father's home, and broke his right arm.

Mr. Reed has a large flock of sheep which he keeps on a pasture north of his house, and it is George's business to look after these sheep and see that they do not stray away.

For this purpose, George has a saddle pony, and spends most of his time near the house, looking out at frequent intervals to see that the sheep are all right, and in the event they begin to stray, he mounts his pony and rides out and brings them back.

The pasture is largely in a large lake basin so that the sheep are invisible from the home while one is on the ground, and in order to get a view of the pasture, George climbed to the top of the windmill tower where he could see over into the pasture, and while up on the tower for a view of the sheep Monday morning, one of the straps on the ladder gave way and he fell to the ground, a distance of something like thirty feet, with the results mentioned above.

The arm was broken between the wrist and the elbow, and Mr. Reed rushed him to town where Dr. Stover set the broken bones, but George will not be able to climb the ladder again for many days.

Mr. Earl Drake left Tuesday for Spur, Texas, where he has employment.

If dogs could "cus", Snooper the pup would certainly have justification for it. See his adventures in our comic section.

BOMBING OF SHANGHAI IN PICTURES

The Sunday evening services at the Methodist church will feature a motion picture depicting scenes of interest in China, and some of the horrors of the present war there, including the bombing of Shanghai. This feature will be followed by a short sermon on "Peace," by the pastor.

ATTENTION, YOUNG PEOPLE!

All the young people who have been attending the Tuesday night meetings at the Congregational church basement are urged to come back next Tuesday night. We have taken a vacation now and ought to be ready to start our work again with a zest. This club is not exclusively for Congregational youngsters but open to all young people of our town. We have a good time playing games and talking, besides some serious discussions on topics of interest to youth. Come and enjoy Tuesday nights with us.

C. CARL DOLLAR, Minister

REVIVAL SERVICES AT LAZBUDDY BAPTIST CHURCH

Rev. H. B. Naylor, pastor of the Baptist Church at Lazbuddy, announces that he will begin a series of revival meetings at that church on Friday night of this week, July 15th.

Rev. G. W. Parks, of Roscoe, will do the preaching, he being accounted as one of the best theologians in the state, and well known to Brother Naylor, he having sat under his instructions during his college course.

Rev. Naylor extends a cordial welcome to everybody who will come and assures them that they will be well repaid for their attendance in the deeply religious discourses, that they will hear from Rev. Parks. No time was announced for the closing of the series of meetings.

FINAL PLANS FOR POLITICAL RALLY

Final plans are being made by the ladies of the Methodist Church for the great county-wide political rally to be held at the local football field next Thursday, July 21st, at 8:00 p. m.

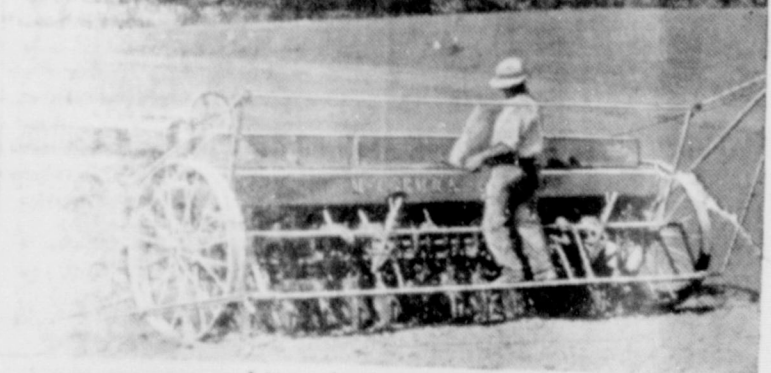
Interest in the rally is being manifested by people from all over the county and it is expected that one of the largest crowds ever assembled in Friona, will be here.

All women and girls of the community are urged to bring pies, the proceeds of which will be applied on the Methodist Church Building Fund. Coffee will be served free. Don't forget the date—Thursday night, July 21.

Want to know how to get your picture in the paper? You'll find 12 sure ways illustrated in the popular "Photo-Feature" in this issue.

Small and Grain Drill Ad No. 1218

McCORMICK-DEERING All-Steel Grain Drills Positive, Accurate Performance



When you pour seed into the hopper of a McCormick-Deering Drill, the snug fit between the open lid and the hopper prevents the seed from dropping to the ground.

The McCormick-Deering Grain Drills, long famous for their positive, accurate seeding are better today than ever—the outstanding drill value on the market. Their all-steel, bridge-type construction keeps the seeding mechanism in true alignment, assuring years of satisfactory work. Hoppers are made of heavy-gauge, rust-resisting steel containing copper, and are water-tight and grain-tight.

Unusual flexibility is built into McCormick-Deering Drills—the disks hold their place in the ground regardless of the contour of the land, providing uniform, positive seeding. Perfect balance and light draft make them easy to pull. Other features make them easy for the operator to handle.

McCormick-Deering Grain Drills are built in a wide range of types and sizes. Ask us to show you the drill that will do the best job in your fields.

BUCHANAN
Implement Company
"Where Service Is Actual And Permanent"

WITH THE CHURCHES

BAPTIST CHURCH ANNOUNCEMENTS

Sunday Services:
Bible School 10:00 a. m.
Preaching Services 11:00 a. m.
B. T. U., 6:45, Evening.
Preaching Services 7:45, Evening.
Prayer Meeting, Wednesday Evening, 7:30.
W. M. S., Tuesday, 2:30 p. m.
Joe Wilson, Pastor.

Notice of Services
Summerfield Baptist Church
Sunday school each Sunday at 10:00 a. m.
Preaching each second and fourth Sunday at 11:00 a. m. and 7:30 p. m.
W. T. Legg, Sunday school director.
Thurman Atchley, B. T. U. director.
Rev. H. B. Naylor, Pastor, Evangelist

Lazbuddy Baptist Church
Sunday school each Sunday at 10:00 a. m.
Preaching services each first and third Sunday at 11:00 a. m. and 7:30 p. m.
G. C. Tiner, Sunday school supervisor.

UNION CONGREGATIONAL CHURCH

"In essentials unity, in non-essentials liberty, in all things charity."

Each Sunday:
Church School at 10:00 a. m. Otha Whitefield, superintendent.
Worship Service and preaching at 11:00 a. m. Carl Dollar, minister; Milford Alexander, chorister; Mrs. Floyd Reeve, pianist.

Business meeting on Monday night after the third Sunday of each month.

Young People's meeting each Tuesday night, 8:00.

VACATION CHURCH SCHOOL TO BEGIN AT CONGREGATIONAL CHURCH MONDAY A. M.

On Monday morning, at 8:30, the vacation church school will begin at the Congregational church in Friona. Plans are being completed for a two-weeks' session and several capable leaders have been secured. All the children of this territory who wish to attend are welcome.

Mrs. Ray Landrum and the Misses Dorothy and Joyce Landrum were Clovis visitors, Tuesday.

Dear Alone--

You remember I told you that we were planning to buy an electric range? Well, we've bought a Westinghouse! It's the prettiest and easiest thing I've ever seen. Actually, you can't keep clean you have ever seen. Now, No more hot, stuffy kitchens for me!

But of all the conveniences, I like the automatic oven best. Baking is simply a snap... of the wrist... and that's all. Everything just seems to cook itself.

So, if you are still interested in a new range, by all means, buy a Westinghouse Electric Range.

Love,
Blanche

O.S. These ranges are at the...

TEXAS-NEW MEXICO UTILITIES CO.

Speaking of the Governor's Job - - -



TEXAS NEEDS A LEADER

ERNEST THOMPSON

Trained... Talented... Tested

Qualified for the Governor's Job by a Sound Record of Public Service

WHAT HE HAS DONE!

As Mayor of Amarillo, he saved citizens nearly a million dollars a year by cutting every utility rate in the city and lowering the tax levy.

As Texas Railroad Commissioner, he assisted the farmer through lower freight rates and the livestock industry with emergency drought rates; brought many millions of dollars to the school fund by sensible supervision of the Texas oil industry; helped lower the gas rates in scores of Texas towns.

As a man, whose boyhood was spent at hard work, he has achieved a brilliant record of private and public service, fought for his country with high honors during the World War, is chairman of the Oil States Compact Commission, has earned the respect and admiration of straight-thinking people all over the nation.

WHAT HE WILL DO!

Tackle the farm problem with both fists and help the farmer and rancher work out a solution that will take the penalty off owning or working a farm or ranch—his belief being that the farmer is entitled to a fair profit, the same as any other man.

Urge the legislature to change the old age assistance law so that no needy old person will be denied a pension merely because a son or daughter happens to have a job.

Actively encourage industrial expansion to relieve unemployment; wage war on governmental waste and fight new taxes; and advocate state control and regulation of all utilities.

ERNEST THOMPSON for GOVERNOR

(Political advertisement paid for by friends of Ernest Thompson)

CAR ROLLED INTO LAKE

On Sunday night as Earl Drake was driving out to Leo McLellan's farm to drive the tractor for him, he met with a mishap that might easily have cost him his life.

As he was driving across the fill in the lake at the south of Green Valley farm, he got too near the edge of the fill and the car turned over, and rolled down the side into the water that was in the lake as a result of the recent rains.

The car turned over three times before coming to a stop with the top down. Fortunately for Earl he was uninjured, but the top of the car was badly damaged.

WE ARE READY FOR YOU

With A Good Stock Of Parts

Discs, Sweeps, Lister Points and Many Other Mechanics Parts.

AT PRICES TO SUIT YOU

Friona Consumers Company.

Elroy Wilson,

Manager.

LIFE INSURANCE

Is A Safe Haven for Savings as well as a Protector of Dependents Since it contains both protection and an Investment.

THE WISE POLICY HOLDER

Has two kinds of contract. One for the protection of his dependents. The other for his Own Comfort in the event he lives to the Age of Retirement. Get them both in an AMACABLE LIFE INSURANCE POLICY

Dan Ethridge Agency

One Door North of Post Office.

Notary Public. Legal Forms. 6% Auto Loans.

Oh, Think Of The HOME

You Should Have, and May Have, If you but consult us and learn our prices and quality of stock and

BUILDING PLANS

FOR THE MOST ECONOMICAL AND CONVENIENT HOMES.

Everything For The Builder.

Rockwell Bros. & Co.
LUMBER

O. F. LANGE,

Manager.

HOME DEMONSTRATION CLUBS

HUB CLUB REPORT

"Fly Control," was the demonstration given by Mrs. A. H. Boatman, to the members of the Hub Club, June 1st, at the home of Mrs. Jess Jones. A screen fly trap was shown and various methods of poisoning insects were explained.

A report of the last council meeting was given by Mrs. G. A. Collier. A committee was appointed to buy materials for the club quilts. The money is to be turned in to Mrs. A. H. Boatman, chairman of the committee.

Mrs. Jess Jones, as food demonstrator, listed recipes given her by Miss St. Clair, as a food demonstration; also light rolls from the club recipes. The following members were present: Mmes. B. F. Jones, Clifford Boatman, A. H. Boatman, G. A. Collier, Ausburne Loflin, Ernest Gatlin, R. G. Loflin, Sam Jones, Othello Jones, John Thomas, Jess Jones and a visitor, Miss Gladys Jones.

The meeting was adjourned to meet with Mrs. Ernest Gatlin at the home of Mrs. R. F. ones, July 15th.

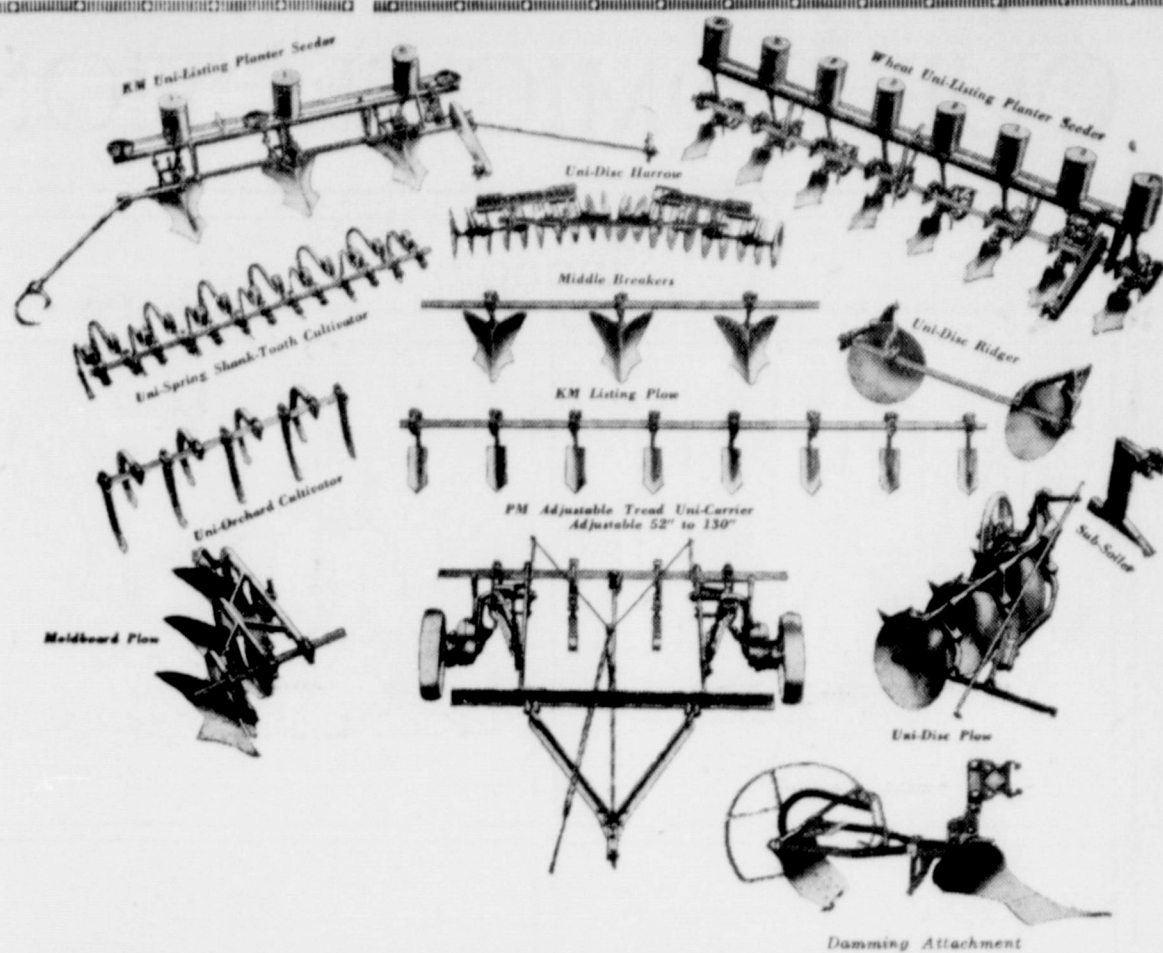
HOMELAND CLUB

"Buy bath towels with a strong selvage and all of one color," said Mrs. H. D. Mayfield, at the meeting of the Homeland Club, June 22nd, at the home of Mrs. V. L. Todd.

Refreshments were served to the following members: Mmes. Bell, Barnhouse, Poote, Horton, Lipham, Mayfield and Toff. The children had their out-door party again.

Meal Planning will be the topic for study at the next meeting, to be with Mrs. Fred Bell, July 13th. Visitors welcome.

Miss Irene Boggess visited Mrs. H. Hancher in Amarillo, the first of the week.



MINNEAPOLIS-MOLINE UNI-CARRIER AND TOOLS NEW METHOD OF FARMING

This famous farm machine was developed mostly for use in semi-arid sections, and in groves, orchards and vineyards. With the M-M Uni-Carrier and tools, and any modern tractor, the farmer has been able to produce a larger crop in the semi-arid sections of the country than previously. This new type of farming, using the contour lister methods, sponsored by the U. S. Dept. of Agriculture, calls for a new type of farm implements. Thousands of Uni-Carriers and tools in use for many years have proved that the Uni-Tiller is more practical and economical than a series of single unit implements. The Uni-Tiller handles as easily or easier than ordinary implements—and all tools are operated by a double power lift. A carpenter does not buy a BRACE for every BIT used in his work. If he did he would spend a lot of money uselessly, and have an extra chest or two of tools to carry around.

The UNI-CARRIER may be considered the AGRICULTURAL BRACE and the various tools are the AGRICULTURAL BITS—and only those

needed are bought. You get away from paying for a lot of extra frames, levers, wheels, power lifts, etc. The Uni-Tools fit the UNI-CARRIER similar to the way a BIT fits a BRACE. That is, the implements are attached to the Uni-Carrier by means of clamps that fit the tool bar. But further than that, the Uni-Tools may be used in combinations and adjusted to fit the job and tractor power available.

All you buy is the new heavy duty UNI-CARRIER—only one sturdy frame, one set of levers, wheels, and any of the simple Uni-implements you may need. The carrier hitched directly to any wheel or crawler type tractor. The Uni-implements attach directly to the square, high carbon steel tool bar of the UNI-CARRIER by means of the tool bar clamps. The tillage tools can be used individually, or in almost any desired combination.

Just glance at all the different machines illustrated. Different sizes of most machines are available. Ask for complete facts.

For Profitable Farming in Semi-Arid Sections—Groves, Orchards, Vineyards



ASK FOR FREE FOLDER TODAY!

MAURER MACHINERY CO.

FRIONA :: TEXAS.

For Re-election To Congress



Marvin Jones

"On the subject of Agriculture, Marvin Jones is the best informed man in the United States.

Vice-president, John Garner.

"One of the most skilled legislators in the House."

--Speaker W. B. Bankhead.

"Marvin Jones is one of the most powerful floor fighters in the House of Representatives."

---Washington Herald.

MARVIN JONES

Has Lived in the Panhandle Over Thirty Years, Knows Its Needs and is interested in its Future

TO THE VOTERS OF PARMER COUNTY:

Owing to the fact that I have been kept constantly busy during the past two weeks, trying to save what I have of a wheat crop, I have been unable to meet personally, many of the voters of the county before the Primary Election, which is to be held on Sat. of next week, July 23rd, and I am taking this method of kindly and earnestly soliciting your vote at that election, for me as a candidate for COUNTY AND DISTRICT CLERK.

I wish also to state that the report that I am running in the interest of another candidate, is absolutely false and unwarranted. I am a candidate for the above named office simply because I want it and I am asking your vote in my own and only my own interest. I am qualified to perform the duties of the office, and if elected, I shall serve the people of the entire county to the extent of my ability, courteously, efficiently, faithfull and impartially, and without fear or favor.

Therefore: before casting your ballot, please give my plea your unbiased and unprejudiced consideration.

Sincerely yours,

Leo McLellan

VISITED RELATIVES HERE

Mrs. Mary Osborn, of Sulphur Springs, Arkansas, arrived in Friona Sunday, July 10th, where she visited with her sons, W. C. and F. M. Osborn, and several grandchildren, until late Monday.

At that time she went to Hollene, New Mexico, where she will visit her daughter, Mrs. Joe Clark, and numerous other relatives. She will return to Friona later for a more extended visit.

ARE VISITING HOME FOLK HERE

Mr. and Mrs. George Atkinson, of Rockwall, Mrs. Bob Cox, of Seagraves, and Mrs. Chancy Watkins, of Pleasant Hill, New Mexico, are all here visiting their father, sister and grandmother, T. J. Crawford, Miss Jeanie Crawford, and Mrs. S. K. Smith.

These young ladies were formerly Misses Helen, Mary Kathryn and Dorothy Crawford, respectively, all of whom grew up here at Friona and are graduates of the Friona High

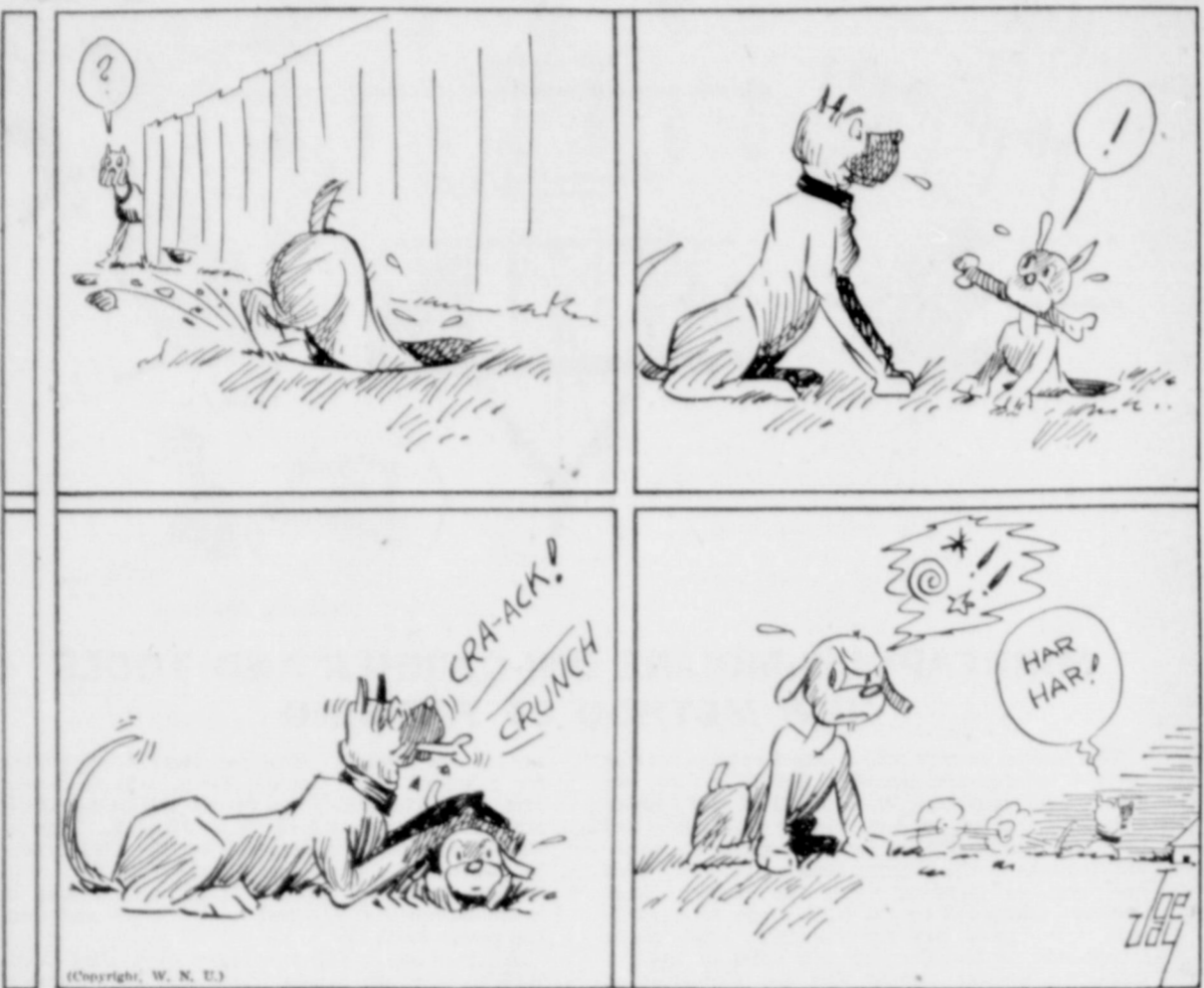
School. Their father, T. J. Crawford, is one of the pioneer and leading merchants of our city.

CALIFORNIA GIRL VISITS HOME. FOLK

Miss Dorothy Landrum, who has been attending school at San Bernardino, California, arrived here Monday for an indefinite visit with home-folks. She has been attending school for the past year and a half.

OUR COMIC SECTION

SnooPie



FINNEY OF THE FORCE

By Ted O'Loughlin



The FEATHERHEADS

By Osborne



IT'S A QUESTION

Wife—How do you like my new gown?
Hubby—It looks swell on you.
Wife—You mean I look swell in

There's No Telling

"What's the idea?" demanded the sweet young thing, just after the crash. "I put out my hand—and turned the way I signaled!"
"I know you did, lady," came back the male motorist. "That's what crossed me up."
Parked Too Long
"How much does it cost to run your car, Tom?"
"I can't say how much it costs to run it, but it has cost me over \$50 to leave it standing still!"

A CLIMBER

"That chap's always on the level."
"And yet I understand he's attained the height of success."

WHAT to EAT and WHY

C. Houston Goudiss Recounts The Miracle of Milk

Noted Food Authority Explains Why It Is the Cheapest and Most Nearly Perfect Food

By C. HOUSTON GOUDISS
6 East 39th Street, New York City.

OF ALL the foods known and used by man, milk is supreme. It is a miracle of perfection—a veritable elixir of life.

Milk has powers possessed by no other food. It builds sturdy bodies for infants; strong bones and sound teeth for growing children; helps to maintain vitality in adults; and to delay the onset of old age.

It contains a greater assortment of nutritive materials than any other single food. It is the foundation of every balanced diet. Considering the services it performs for mankind—from infancy to old age—it is the cheapest food we have.

Milk is so many-sided that I always think of it as the Benjamin Franklin of foods.

It is a vast treasure chest of nutrients—the most complex product of nature's chemistry. It contains nearly every chemical element of the body itself, in proportions adapted for quick and easy assimilation.

Milk fulfills six essential requirements of a perfect diet.

First: It supplies carbohydrate and fat for heat and energy.

Second: It furnishes protein that is suitable for building new tissues and repairing the millions of cells that are worn out daily.

Third: It yields minerals which build bones and teeth and regulate the subtle internal processes of the body.

Fourth: It contains every known vitamin in some degree and is abundantly supplied with the vitamins that are necessary to growth, to the smooth running of the body machine, and to the prevention of many types of infection.

Fifth: It contains water, to act as a solvent, a carrier and regulator.

Sixth: It is easily digestible.

This brief summary helps to explain the unique place of milk in nutrition. Think of it! In one food, we find protein of the highest type; carbohydrate and fat; all the vitamins; every one of the minerals demanded by the human body; water; and an easy digestibility that readily changes these ingredients into vigorous life.

The Biggest Food Bargain

We occasionally hear the charge that milk is too high in price—that it is a luxury to afford enough of this master food to supply a quart daily for every child—at least a pint for each adult. That is ridiculous! The cost of milk is much cheaper than the cost of illness. And milk is not a luxury, but an indispensable necessity.

I contend that no homemaker can afford not to buy milk in adequate amounts—that if she desires health, efficiency and longevity for her family, she must provide a sufficient amount of milk before she purchases any other food.

DO YOU KNOW HOW TO Balance Your Diet?

This Free Chart Makes It Simple as A-B-C
Helps to Safeguard Health

Planning a balanced diet will cease to be a puzzle if you send for the Homemaker's Chart for Checking Nutritional Balance, offered, free, by C. Houston Goudiss. It lists the foods and the standard amounts that should be included in the daily diet, and includes skeleton menus for breakfast, dinner and lunch or supper, to guide you in selecting the proper foods in each classification.

A postcard is sufficient to bring you this valuable aid to good menu planning. Just ask for the Nutrition Chart. Address: C. Houston Goudiss, 6 East 39th Street, New York City.



Humankind needs milk as the flowers in the garden and the grains in the field need the blessing of rain.

Deprived of milk, children develop a multitude of ills. They become thin and weak; their resistance is low; they fall easy victims to the germs of disease; there is small hope of their reaching normal manhood and womanhood.

Nor is milk only a food for children. It is likewise essential for adults who desire to live longer, happier, and healthier lives—to fortify their bodies against the assaults of disease—to retain or regain mental and bodily vigor. It is indeed a Fountain of Youth!

Milk for Pop and Power

A quart of milk daily supplies from two-thirds to three-fourths of the total calories required by a year-old child. For a five-year old, it provides about half the day's fuel requirements, and for a ten-year old, one-third. Even a moderately active man could obtain one-fourth of his energy requirements from a quart of this precious fluid. It is also interesting to note that five-eighths cup of milk is equivalent in energy value to one and one-third eggs, or two and one-fourth ounces of lean beef.

A quart of milk yields more than an ounce of pure protein of the highest quality. Moreover, nutrition authorities hold that under normal conditions, it is the most completely digested and absorbed of all food proteins.

Milk for Minerals

As a source of calcium, milk is indispensable. Without milk, it is practically impossible for the body to obtain enough of this captain of the minerals for normal skeletal development.

It has been estimated that when

Send for This Free Chart

Showing which Foods are **ACID** and which **ALKALINE**

One of the principles in planning a balanced diet is to include at least enough alkaline, or base-forming foods, to balance the acid-forming foods.

To help you distinguish the foods that belong in each group, C. Houston Goudiss offers to send a free chart listing the principal acid-ash and alkaline-ash foods. Address C. Houston Goudiss, 6 East 39th Street, New York City.

the calcium requirement is met through the use of milk, the need for phosphorus will also be adequately provided.

Though milk is not as good a source of iron as of calcium and phosphorus, the iron is present and in a form that can be easily utilized by the body.

Milk for Vitamins

Milk is so rich in vitamins A and G, that the addition of a quart of milk daily to a good mixed diet practically guarantees against a deficiency of either of these precious substances which promote growth, help build resistance to disease, prolong the prime of life, and help to ward off old age. It also furnishes a considerable amount of vitamin B, which promotes appetite, aids digestion and helps to prevent a nervous disorder.

Milk contains a relatively small amount of vitamin D, but this can be remedied in both bottled and evaporated milk by irradiation, or the addition of a vitamin D concentrate. It is less dependable as a source of vitamin C than any other vitamin, as the amount it naturally contains varies with the diet of the cow and is reduced by pasteurization or evaporation. This deficiency is easily made good, however, by adding to the diet fresh fruits and fruit juices and raw leafy vegetables.

In Praise of Milk Producers

As milk is man's finest food, the men who are occupied with its production are engaged in the world's most important pursuit. They labor to provide the nation with a pure, safe, clean supply of the food that makes life worthwhile for children and helps to prolong life for adults.

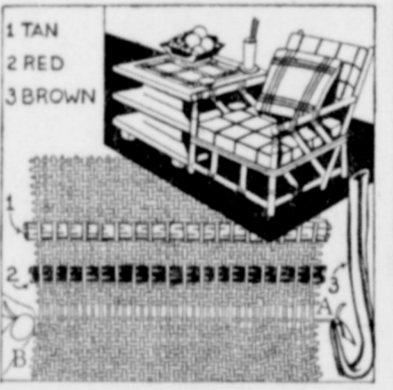
Let no one say that milk is expensive. Rather let every homemaker come to realize that this magnificent food would be CHEAP AT ANY PRICE!

© WNU—C. Houston Goudiss—1938—19

HOW to SEW

By RUTH WYETH SPEARS

THERE is a modern air about the colorful roughly woven table mat and the chair cover and cushion shown here. Does it surprise you to learn that they cost next to nothing? There is a trick in it. The fabric is actually bur-



instead of lengthwise. Now, draw out one thread of the burlap; then tie one end of the next thread to the tapered end of the stocking strip as at A. Pull the other end of this thread as at B to draw the strip through.

NOTE: If you wish to use these weekly articles for reference paste them in a scrapbook, as they are not included in either Sewing Book No. 1 or 2. Book 1, "Sewing for the Home Decorator," covers curtains, slipcovers, dressing tables; 48 pages of fascinating directions. Book 2 illustrates 90 embroidery stitches with numerous applications; doll clothes and gift items. Order by number, enclosing 25 cents for each book desired. If you order both books, leaflet on making crazy quilts, with 36 stitches illustrated, will be included free. Address Mrs. Spears, 210 South Desplaines St., Chicago, Ill.

Health First

Health is best for mortal man, next beauty; thirdly well-gotten wealth; fourthly, the pleasure of youth among friends.—Simonides.

BOYS GIRLS FREE! AVIATION CAPS

IRIUM Conquers Surface-Stains for Pepsodent Users

Irium contained in BOTH Pepsodent Tooth Powder and Pepsodent Tooth Paste

"It's Pepsodent for me!"... That's what thousands of people the country over are saying about the new, modernized Pepsodent containing Irium. Yes... and you'll say the same once you've used this remarkable fast-action dentifrice.



For Pepsodent—thanks to Irium—is now more effective than ever! See how Irium helps brush away dingy surface-stains... leaving your teeth naturally radiant! And Pepsodent is SAFE! It contains NO GRIT NO PUMICE, NO BLEACH! So give Pepsodent a trial!

1901 1938
 Have Served You for Thirty-Seven Years and are Prepared to Render Better Service than Ever.
PROMPT AMBULANCE SERVICE DAY or NIGHT
 Prices Same as in Hereford, Call—
 E.B. BLACK CO., Hereford, Texas
FURNITURE and UNDERTAKING

MICHELL'S SHOE SHOP
 FRIONA
 WHERE THE WEST AND FRIENDSHIP BEGINS


Your Busy Season IS ALWAYS HERE
 When You Want To Use Your Tractor, Car or Truck, And Your Ignition System, e it Battery or Magneto--
MUST WORK
 Or Much Valuable Time Will Be Lost It is our business to MAKE them GO, and OUR WORK MUST STAND UP
SEE FRED WHITE
Automotive Electrical Service
 AT REEVE'S CHEVROLET
 Exide Batteries. Delco Batteries
GENUINE PARTS FOR CAR, TRUCK OR TRACTOR

EVER ALERT
 With Careful, Efficient SERVICE
 For the Convenience of our Patrons, is OUR AMBITION
 WE APPRECIATE YOUR PATRONAGE
 And Assure You The Best In Price And Test.
Friona Wheat Growers, Inc.
GUY BENNETT, Mgr.

HARLEY SADLER
 NEW STAGE SHOW WITH 40 PEOPLE
 2 nights only Wed. & Thurs. July 20 - 21
 Friona, Texas

 NEW PLAYS
 NEW FEATURE
 JUGGLERS
 SINGERS
 NEW VODVIL
 DANCERS
 Auspices FIRE BOYS
 ADULTS 25c CHILDREN 10c
 Doors Open at 7:15 and Curtain Rises at 8:15
 LOCATION --- Regular Show Grounds

YOU JUST CAN'T BEAT US
 For getting the dirt, grime and grease out of those dirty Harvest Overalls. Just bring them to US. No extra charge.
HOULETTS HELPY - SELFY LAUNDRY
 "We take the work out of wash."
 E. E. Houlette, Proprietor

WEST TEXAS DON'T FAIL ME
 HELP ME TO FLECT

JERRY SADLER
 Railroad Commissioner
 Sincerely HARLEY SADLER (POL. ADV.)

George Barclay writes about two Ohio Johnnies who are doing great things for Cleveland's and Cincinnati's baseball teams. See "Speaking of Sports."

Johnson's Cash Grocery
SPECIALS FOR SATURDAY, JULY 16, 1938
 We Reserve Right To LIMIT Quantities.

| | |
|---------------------------------------|--------|
| POTATOES White Shafters, 10 pound. | 16c |
| MATCHES Diamond, 3 boxes | 10c |
| BLACKEYED PEAS Dried, lb. | 4 1-2c |
| POST TOASTIES 3 boxes, | 25c |
| PACKARDS BEST FLOUR 48 pound | \$1.35 |
| PEACHES No. 10 can. | 39c |
| BREAD 16 oz. Loaf | 8c |
| CORN No. 2 cans, 2 for | 15c |

BROOKIE'S SERVICE STATION
 Shamrock Oils and Gas
 Tires, Tubes, Accessories. FLATS FIXED
H. W. Brookfield, Proprietor

★ ★ ★ ★ ★

M. J. R. JACKSON
 Candidate for Nomination to the Office of
CHIEF JUSTICE
 Of The Court of Civil Appeals
 Amarillo, Texas
 In the Democratic Primary
 July 23, 1938
 ★ ★ ★ ★ ★

Mrs. Neva Raybon, who is employed at Amarillo, is spending this week here with her parents, Mr. and Mrs. Nst Jones, and her small son, Billy Ray.

Regal Theatre
 BE SURE AND SEE "GOLD IS WHERE YOU FIND IT"
 Friday and Saturday
 EMPTY HOLSTERS with Dick Foran, Patricia Walthall
 Sunday, Monday and Tuesday
 'Gold Is Where You Find It' with George Brent, O. de Havilland
 NO SHOW ON
 Wednesday, Thursday

KEEP YOUR GOOD LOOKS
 But leave your Whiskers with us
 We do all kinds of Barber Work and SOLICIT YOUR BUSINESS
Jack's Barber Shop
 JACK ANDERSON, Proprietor

YOUNG BIRDS
 Have No Worry About Their Clothing, But—
YOUNG MEN
 Should ALWAYS keep their OLD suits cleaned and pressed and their NLW Suits SPICK and SPAN
 LEAVE THAT JOB TO UL.
CLEMENTS' TAILOR SHOP
 Roy Clements Proprietor

HARVEST TIME
 Will Soon Be Over and then comes VACATION TIME
 But NEVER Start on your vacation trip until we have drained your crank case and refilled it with Our GOOD CHAMPLIN or SHAMROCK OILS
 Your Fuel Tank Should also be filled with that GOOD SHAMROCK GASOLINE
 And your car re-shod all round with MANSFIELD TIRES
 REMEMBER — WE HAVE TOLD YOU.
Friona Independent Oil Co.
 Sheets Brothers, Proprietors.

Early Fryers
 Bring the Best Prices. Therefore -- Finish them off quickly with
ECONOMY or WES-TEX GROWING MASH
 KEEP YOUR HENS LAYING THROUGH THE WARM WEATHER BY FEEDING
ECONOMY LAYING MASH
 Dairy Rations, Poultry Rations, Salt and ICE! ICE! ICE!
FARMERS PRODUCE
 Cecil Malone---Proprietor
 WE ARE PLEASED TO SERVE YOU

WATCH FOR
 Midsummer Sale Announcement
 Another Bargain Festival.
 John Deere Tractors, Drills, Plows.
 Electrolux Refrigerators.
 De Lavel Cream Separators.
 Aladdin Lamps, New Styles.
 New Furniture Patterns.
Blackwells Hdw. & Furn. Co.
 "A Home Owned Store With Chain Store Prices"

Don't Rob Yourself
 By Feeding unground feed to your stock; or by sowing uncleaned Seed on your Farm.
GRINDING
 doubles the value of FEED and
CLEANING
 Eliminates great loss in your SEED
WE DO THE JOB
J. A. GUYER'S FEED MILL

Mr. E. P. Houlette, of Clovis, New Mexico, was visiting friends and relatives here Wednesday, and favored the Star office with a few minutes call.
 Mr. Clyde Gillispie of Amarillo, Texas, was a business caller here, Wednesday.
 Mr. Earl Booth of Farwell, was in Friona, Friday.

Want Ads

NOTICE—Here for a few days, Carl Reese, registered piano tuner, with South Plains Music Company, Lubbock, Texas. Tunes for Texas Tech. Special summer rates. Address G. H. Brock, Friona.

WANTED—One set good single Buggy Harness. See Stub Jones at City Drug Store.