









**Legal Notices**

**CITATION BY PUBLICATION**  
THE STATE OF TEXAS  
To The Sheriff Or Any Constable of  
Parmer County, Texas, Greeting:

You are hereby commanded to summon J. E. Deffenbaugh, who is a resident of Putnam County, Ohio, Mrs. J. E. Deffenbaugh, and the unknown heirs of Mrs. J. E. Deffenbaugh, whose residents are unknown, to appear at the next regular term of the District Court of Parmer County, Texas, to be held at the Courthouse thereof, in the City of Farwell, on the second Monday in January, 1939, being the 9th day of January, 1939, then and there to answer a petition filed in said court on the 7th day of December, A. D., 1938, the file number of which is 1133, in which suit R. H. Cox is plaintiff, and J. E. Deffenbaugh and Mrs. J. E. Deffenbaugh, the unknown heirs of Mrs. J. E. Deffenbaugh, Frank F. Furry, Kent Chandler, and Farwell Winston, are defendants, and cause of action being alleged as follows:

Plaintiff claims title to all of the S. E. quarter of Section 31, Township 2 North, Range 4 East, in Parmer County, Texas, by virtue of a patent from the State of Texas to Abner Taylor, dated February 21, A. D., 1888, and then a legal chain of conveyance down to, and including, J. E. Deffenbaugh, a foreclosure of a tax lien upon the above described land in cause No. 1100, in the District Court of Parmer County, Texas, wherein Independent School District was plaintiff, and J. E. Deffenbaugh was defendant, and said lien being foreclosed on date of July 10, A. D., 1935, and said land having been sold by virtue of said judgment, order of sale, and foreclosure to this plaintiff on date of December 3rd, 1935.

You are commanded to so summon such defendants and to serve this citation once in each week for four consecutive weeks previous to the return day hereof, in some newspaper, published in your county; but if there be no newspaper published in said county, then in any newspaper published in the nearest county where a newspaper is published.

Herein fail not, but have you before said court, on the first day of the next term thereof, this writ, with your return thereon, showing how you have executed the same.

Witness E. V. Rushing, Clerk of the District Court of Parmer County, Texas.

Given under my hand and the seal of said court in the City of Farwell, this the 7 day of December, A. D., 1938.

**E. V. RUSHING**  
(SEAL) Clerk of District Court of Parmer County, Texas

By DeAlva White, Deputy.  
Issued this the 7 day of December, A. D., 1938.

**E. V. RUSHING**  
Clerk of District Court of Parmer County, Texas.  
By: DeAlva White, Deputy.

**Chief Justice Marshall**  
**'Made Constitution Live'**

Born in Germantown (now Midland), Fauquier county, Va., on September 24, 1755, John Marshall was the eldest son of Col. Thomas Marshall, a distinguished officer in the French war and the War of Independence, and of Mary Keith, a member of the Randolph family.

Because school facilities were meager in Fauquier county in those days, relates Leslie Hartley in the Washington Star, John was educated largely by his father. He had no college training except a few lectures on law and natural philosophy at William and Mary in 1779. He abandoned the study of law at 18 to enter the Revolutionary army. As a member of his father's regiment, he took part in the battle of Great Bridge, in which he displayed great courage.

In 1781, after leaving the army, Marshall began the practice of law in his native county. The next year he was elected to the Virginia assembly, serving as legislator during eight sessions. Later he moved to Richmond and, from 1788 to 1791, was that city's representative in the assembly. He was also a member of the federal convention which met in 1788 to discuss ratification of the Constitution of the United States. This issue was hotly debated, and it was largely through his convincing arguments that ratification was carried.

He refused the attorney generalship and the ministry to France, but, in 1789, accepted appointment as special envoy to France, serving with Charles Cotesworth Pinckney and Elbridge Gerry. After serving in congress and as secretary of state, he was named chief justice, a post he held until his death in Philadelphia.

As chief justice he rendered numerous decisions of prime importance to the nation. At a period when the powers of congress were poorly defined, when the processes of constitutional government were still in the experimental stage, he is credited with having "made the Constitution live."



**REMEMBERED INSTRUCTIONS**

Little Johnny, aged four, had been receiving a lesson in politeness. His father told him: "And remember when you are in a bus and a lady comes in and cannot get a seat you must jump up and offer her your seat."

A few days later they were in a bus. It was very crowded. Johnny sat on his father's knee. People were filing in, and as a pretty young lady was standing, Johnny jumped up. "Take my seat, miss," he said.

**Just Like That**

Lawyer—Then you admit that you struck the defendant with malice aforethought?

Defendant, indignantly—You can't mix me up like that. I've told you twice I hit him with a brick, and on purpose. There wasn't no malice nor nothin' of the kind about it—just a plain brick like any gentleman would use."

**Economy**

Smythe-Brown arrived one evening with the gloomy news that his business affairs were in a sad state. His wife was helpful.

"Well," she said brightly, "there's only one thing to do. We must cut down expenses. Now, how can I economize—I know! I won't wear that new diamond necklace to the theater tonight!"—Vancouver Sun.

**MAKING A GUESS**



"Charles says there is an intangible something about me that makes him love me."

**Not So Easy**

A little girl was showing a visitor over her father's farm, and proudly pointed to a cow which, she said, was her very own.

"And does your cow give milk?" asked the visitor.

"Well, not exactly," replied the child. "You've sort of got to take it away from her."

**Poetic**

A pupil was asked to write a short verse using the words analyze and anatomy. Here's what he produced:

"My analyze over the ocean,  
My analyze over the ocean—  
O, bring back my anatomy!"

**Some Mistake**

Rastus—Is yo' sure, Mr. Johnsing, dat was a marriage license yo' sold me last month?

Clerk Johnson—Certainly, Rastus. Why?

Rastus—Because I've led a dog's life ever since.

**The Animal**

Timid Husband—If you and your mother keep on nagging, you're going to bring out—ah—the animal in me.

Sarcastic Wife—Then we'd better be careful. We're scared to death of mice!

**Might Rain**

Hotel Clerk—Inside or outside room, sir?

Guest from the Prairies—Inside, I guess. It looks like rain.—C. N. R. Magazine.

**SILLY QUESTION**



"Do you believe in women getting men's wages?"

"Great gosh, lady, ain't they bin gettin' 'em since the year one?"

**An Ancient Nuisance**

First R. O. T. C. (preparing essay)—What do you call those tablets the Gauls used to write on?

Roommate—Gaul' stones.—Telegraph Topics.

**Rialto, Bridge of Sighs, World Famous Structures**

In Venice, a city of many and beautiful bridges, are two that are world famous—the Rialto bridge over the Grand canal, and the Bridge of Sighs, which connects the old doge's palace with the Prison of Saint Mark. The last-named bridge perhaps is the most widely known of all, writes John A. Menaugh in the Chicago Tribune.

The single great marble arch of the Rialto bridge rests upon a foundation of 12,000 piles driven to a depth of 16 feet on the banks of the canal. These piles were sunk by means of a hammer (a heavy weight falling in a groove) that was operated either by man power or horse power, since steam pile-drivers were not in existence when the bridge was erected in the years from 1588 to 1592. Designed by Giovanni Contino, the Rialto bridge is of the arched type of construction, and in its design can be seen the Roman, the segmental, the Gothic, and the Moorish arch.

The Bridge of Sighs is a relatively small structure, the springs of its one arch thrusting against the walls of the two buildings which it connects. Erected in 1595, it took its name from the fact that condemned prisoners walked through its covered passage from the hall of judgment in the palace to the place of execution in the prison. The Bridge of Sighs in New York, connecting the Criminal courts building with the Tombs prison, got its name from the famous bridge in Venice.

**Meaning of Name Hazel**

One of the two origins ascribed to the name Hazel by authorities is Teutonic and the meaning is "commander," evidently because a wand of the hazel tree was the symbol of authority with shepherd chiefs of ancient times. Another authority gives the Teutonic Hazel the meaning of "a star" but does not explain this interpretation. The other and older origin of Hazel is Hebrew, the meaning being "protected by God." This form is an abbreviation of Hazeleponi (1 Chron. 4:3), the meaning of which is given as "Give shade (protection) O thou that turnest thyself toward me." A faint connection might be traced between the Hebrew meaning and the first Teutonic one.

**Bedloe's Island**

Bedloe's island in New York harbor was declared the Statue of Liberty National monument by presidential proclamation on October 15, 1924. It is owned by the United States government, and administered by the National Park Service, department of the interior. Bedloe's island has flown the Dutch and British flags, and has been owned by several individuals, and by the city and later the state of New York. It is named for its first private owner, Isaac Bedloe, whose family had title to it from the 1660s until 1732.

**Firearms Work Same Way**

Every firearm, from the smallest pistol to the most elaborate machine gun, works the same way; the powder explodes and expanding gases force the projectile out of the barrel, says the Washington Post. Strangely, firearms started 600 years ago, as clumsy cannon requiring two men to operate. The word rifle comes from the Danish "rifle," meaning ripple. This referred to the groove in the barrel, invented by some unknown genius, which sent the bullet out spinning.

**Porpoises Not Fish**

Porpoises actually are not even fish. Members of the whale family, they are mammals, animals that spend their lives in the water. Out of water, they could breathe, but would soon die of starvation as they can not move about on solid ground. Sailors of old-time windjammer days termed porpoises their special pets, as these six-foot "fish" followed and swam around a ship for days at a time. Porpoises once were caught for food, but today their greatest commercial value is their oil.

**Monument With Seven Heads**

Beside a well near Loch Oich stands a strange monument surmounted by seven heads, according to an Edinburgh correspondent in Pearson's London Weekly. Accused of murdering an entire family in the Sixteenth century, seven men were executed by order of the chief of the clan to which the family belonged. The heads of the murderers were then taken to Glengarry castle after having been washed in the well, which is still known as "The Well of the Heads."

**Mile in European Countries**

The mile is not standard in every European country. It is standard only in Great Britain, where it measures 1,760 yards. But there are other older forms in Scotland (1,984 yards), and Ireland (2,240 yards). In Italy the mile is 1,467 yards; in Spain, 3,028 yards; and in Austria 2,256 yards.

**Use of Word 'American' Began Early in History**

There are several reasons why the inhabitants of the United States have practically appropriated the name "American" to the exclusion of other nations on the North and South American continents. The process of appropriation was unconscious and began early in our history, notes a writer in the Indianapolis News. Even before the Revolution when Europeans used the term "American" they generally referred to the English colonists. Patrick Henry said in the Continental congress:

"I am not a Virginian but an American." We were the first independent nation in the Western hemisphere and there was no other nation to protest. Our size and commercial importance made it easy to appropriate the name to ourselves, and usage in nearly all parts of the world has confirmed it, although in a few countries, notably Spain, it is still customary when speaking of Americans to designate whether the term applies to North or South Americans. There is also another consideration.

The official name of this country is "The United States of America," and it is the only name of a country in the New World containing the word "America." The first part of the name does not lend itself readily to a modified form as a name for the inhabitants corresponding to Canadian, Mexican, Peruvian, Italian, Spaniard or German. Any such noun based on or formed from "United States" would be awkward. It was natural, therefore, for the people of the United States to apply to themselves a name already familiar, one formed from the last word in the name of their country. In like manner the citizens of the United States of Brazil call themselves Brazilians, and the citizens of the United States of Venezuela call themselves Venezuelans.



**SUCCESSFUL EXPERIMENT**

It was baking day and the new maid and her mistress were having a very busy time.

"Mary," said the mistress, "just go and see if that large plum cake in the oven is baked yet. Stick a knife in it and see if it comes out clean."

In a few minutes Mary returned. "The knife came out wonderful clean, ma'am," she said, beaming, "so I've stuck in the other dirty knives in, too!"

**Got His Share**

The train halted for a moment at a small station. A traveler reached out of the window, called a boy, and said:

"Here, son, 10 cents; get me a 25-cent sandwich and one for yourself."

Just as the train started to pull out, the boy hurried to the window and shouted:

"Here's your quarter, mister. They only had one sandwich."

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**Can't Resist**

Grandma—No, Eleanor, not another story tonight.  
Eleanor—Well, then, grandma, just tell me about your operation.—Exchange.

**Imperfect**

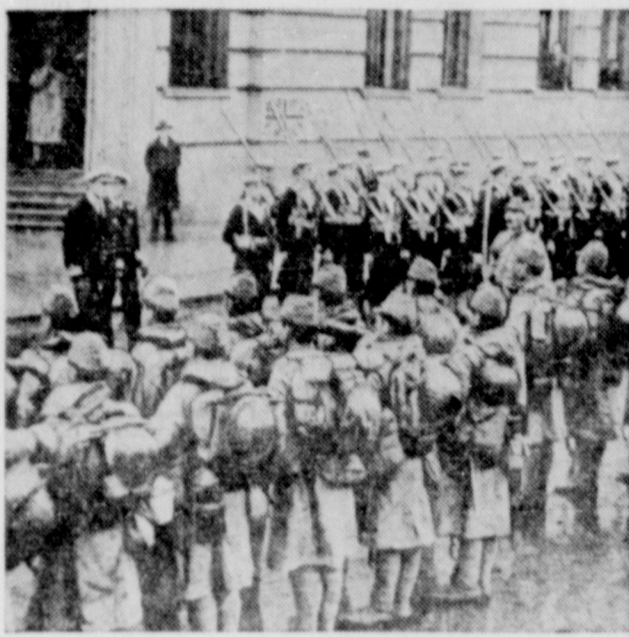
She—I was dreaming of the ideal machine—just press the button and all the work is done.  
He—Yes, but who presses the button?

**SUBSCRIBE FOR THE FRIONA STAR**

# 1938 IN PICTURES



**ANSCHLUSS**—Nazification of the Austrian nation was consummated on March 14. "The entrance of my native land into the German Reich" was one of Adolf Hitler's greatest triumphs. Symbolically, the Fatherland Front's "crutch-cross" is destroyed before a cheering crowd, to be replaced by the swastika of Germany's ambitious Nazidom.



**AGGRESSION**—Japan captured Hankow on October 27, only 10 months and 14 days after Nanking fell. Following the capture, Japanese military police (foreground) are shown in a ceremony on the Bund, at which they took over from a British naval landing party the policing duties in the former British concession in Hankow.



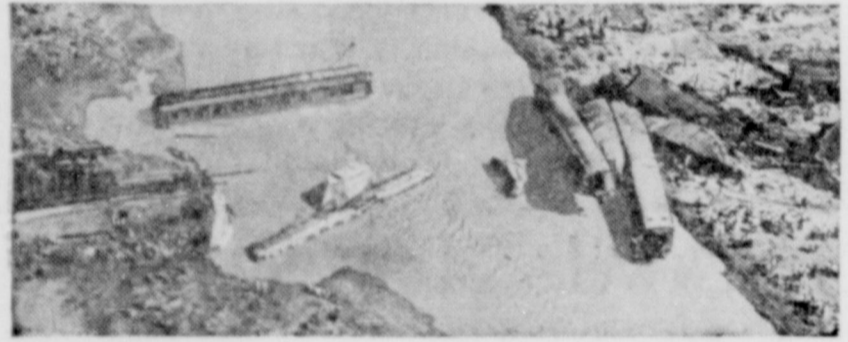
**PERSECUTION**—Herschel Grynszpan, 17-year-old German-born Polish emigre of Jewish extraction, whose assassination of Ernest von Rath, Reich diplomatic attache in Paris, gave Nazi Germany an "excuse" for the greatest campaign of Jewish terrorism in modern history.



**PLUNGE**—On July 26 John W. Warde, deranged youth, held thousands of spectators in agonizing suspense for 11 hours before he leaped to his death from a seventeenth-floor ledge of New York's Hotel Gotham. Rescue efforts were in vain.



**PURGE**—Maryland's Sen. Millard E. Tydings was among intended victims of President Roosevelt's "purge," a movement which made political history during a heated primary election season. In most cases, the purge failed to accomplish the desired result.



**RAILROADS**—The worst tragedy on an American railroad in a decade came the night of June 19 when the Olympian, crack Chicago-to-Coast flyer of the Milwaukee railroad, dropped into swollen Custer creek near Miles City, Mont., when a flood-weakened bridge gave way. Approximately 40 persons were killed and several score others were injured. This air view of the wreckage shows how coaches were tossed like matchsticks as the huge engine buckled and leaped into the air.



**AVIATION**—Douglas (Non-Stop) Corrigan flew a "crate" from New York to Dublin, taking the edge off glory achieved a few days earlier by Howard Hughes and his round-the-world flight.



**APPEASEMENT**—The first of three momentous meetings between Britain's Prime Minister Neville Chamberlain and Reichschancellor Adolf Hitler took place at Berchtesgaden, the Fuehrer's Bavarian mountain retreat. Later, Chamberlain joined with France's Premier Edouard Daladier in capitulating to Germany on the historic Czechoslovakian issue at the treaty of Munich.



**HURRICANE**—Death and ruin rode on a storm that battered Long Island and swept through New England in late September. Hundreds lost their lives and property damage ran into the millions. Vivid testimony of the storm's fury is the above air view showing wreckage of homes strewn and piled over a highway. It was the worst storm tragedy to strike the eastern seaboard in many years, necessitating widespread relief activities by the government and Red Cross. Earlier, floods hit Texas and California.



**HOPEFUL**—A rising star in Republican political ambitions was Tom Dewey, young New York district attorney who entered the limelight through his racket-busting campaign, later losing the New York state gubernatorial election by a narrow margin.

# WHAT to EAT and WHY

C. Houston Goudiss Discusses the Diet of Expectant Mother. Some General Rules for Wise Eating at This Important Time

By C. HOUSTON GOUDISS

**D**ISTINGUISHED writers and sociologists, both here and abroad, have concerned themselves in recent years with the writing of a Children's Charter and a Baby's Bill of Rights. These efforts are commendable because they demonstrate a forward-looking attitude . . . a genuine attempt to better the lot of the next generation. Indeed, they represent a concerted effort to do for children in general what mothers have always tried to do individually for their own children.

**Before a Baby Is Born**

But not every mother realizes what all nutritionists know—that to a not inconsiderable degree, the very foundations of good health for the child are laid down before he is born. For it has been well said that good nutrition for the infant begins with good nutrition for the mother.



Unfortunately, many people, even in this enlightened age, still cling to superstition and old wives' tales when it comes to choosing the proper foods for those important months before a baby is born.

**Some Common Fallacies**

As a result, some expectant mothers overeat, frequently of the wrong kinds of food; others do not take enough of the foods that are required to maintain top health for the mother and build the baby's body soundly; while still another group believes such antiquated notions as the idea that a woman may eat whatever she "craves" during this period.

In view of the fact that recent nutrition work has given us more knowledge than ever before of how and what the expectant mother should eat, dietetic errors during this period are particularly deplorable.

**Building Better Babies**

Every expectant mother should be under the care of a physician, and usually he gives specific advice concerning the foods that may be eaten and those that might better be avoided. But every woman will be a better mother if she understands something of the functions and fate of foods, with particular reference to this period.

**Don't Overeat**

Generally speaking, the same foods that are required for a well-balanced diet under ordinary circumstances are the ones that will best serve the needs of mother and child during the months before a baby is born. There are, however, certain modifications of the diet that may well be taken into consideration.

First, a word about the amount of food consumed: It is not necessary to eat more than is required to satisfy the normal appetite, in the belief that large quantities of additional food are needed. Nutritionists have demonstrated that the energy requirements of the expectant mother increase only during the last three months of gestation. Thus, it is not necessary to increase the caloric intake for the first few months, though toward the end of the period a gradual increase in caloric intake may be made under the direction of the physician. It is advisable, however, to emphasize that the character of the additional food consumed, as well as the amount, should always be taken into consideration.

**Building Materials**

It is important to pay special attention to the amount and kind of protein that is eaten, since over

the entire period the baby grows tremendously, even though almost half of the weight of the new-born child is added during the final two months before birth.

Recent investigations also indicate that the prospective mother is best able to maintain her nutritional reserve if the amount of protein in her diet is carefully calculated. It is desirable likewise that the protein be of the highest quality.

Milk is even more important in the diet of the expectant mother than in that of other adults—not only for its protein, but because of its minerals and vitamins. As a rule, the expectant mother should take a quart of milk a day, whereas the usual diet for adults calls for a pint of milk daily.

**Minerals and Vitamins**

In addition to requiring protein to help build tissue for her baby, the expectant mother must have a generous amount of minerals. Calcium and phosphorus are required especially for the formation of the baby's bones and teeth. Construction begins on all the teeth before birth, and at birth, all 20 of the first set are completely calcified within the jaw.

Besides providing the necessary minerals to help construct bones and teeth, it is also important to include in the prospective mother's diet an adequate supply of vitamins. Vitamin D is essential if the calcium and phosphorus are to be utilized properly, and it has also been indicated that vitamins A and C are likewise most important at this time.

The mineral iron is also required in significant amounts and

this may well be obtained from eggs, dried fruits, whole grain cereals and green leafy vegetables. It has been found that the thyroid gland is unusually active in the expectant mother. And in those sections of the country where the drinking water and soil are deficient in iodine, physicians frequently recommend the use of some food such as iodized salt.

**Adequate Bulk or Cellulose**

It is most desirable that enough bulky foods be included in the diet to help maintain regular health habits.

This requirement should be taken care of automatically if generous amounts of fruits, vegetables and whole grain cereals are consumed. For in addition to their minerals and vitamins, all these foods likewise supply bulk which aids in promoting regularity.

The wide use of fruits and vegetables will also help to build up a liberal alkaline reserve, which helps to safeguard health during the period of gestation.

If all these factors are taken into consideration, the expectant mother will not only help to preserve her own health, but will take constructive measures to give her baby the blessings of a sound start in life. Then as the healthy, contented infant grows into the healthy, happy, active toddler, and later becomes the healthy, well-adjusted school boy, the mother can indeed be proud of her handiwork!

**Questions Answered**

**Miss E. D. M.**—Yes, in most of the foods containing vitamin G, this vitamin is associated with vitamin B. White of egg is the only food in which it is definitely known to date that vitamin G occurs without vitamin B.

**Mrs. S. D. L.**—It is true that nuts furnish protein similar in quantity to that found in cream and top milk. Nutritionists do not agree, however, that the protein is the complete equal of milk protein in quality.

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## Indoor and Outdoor Ideas

**O**NE of these designs gives you four gay little extras to freshen up your dark dresses and suits—an accessory set comprising a fitted jacket, a soft, roomy bag, a tailored ascot scarf and a pair of those new boxy-figured gloves. The other is a practical house dress, so comfortable and so good-looking that you'll want it for shopping and runabout as well as for home work.

**Four Matching Accessories.**

It will make your clothes seem like lots more, if you vary them with bright accessories in just the colors you want. Don't be afraid to tackle the gloves. They're easy, with the detailed sew chart included in your pattern and so smart! Lots of women who haven't sewed any more than you have are making their own, with this design. Choose flannel, jersey, or suede.

**Slenderizing House Dress.**

This is such a trim, tailored style, with darts at the waistline for slimmness, and a gathered bodice to give fullness over the bust. The skirt has an action pleat for greater comfort. The plain V neckline, finished with edging, is very becoming. All in all, this dress fits so well and looks so well that you should have it in flat crepe or polka dot print as well as in tubfast cottons like calico, percale, gingham and linen.

No. 1652 is designed for sizes 36, 38, 40, 42, 44, 46, 48, 50 and 52. With



long sleeves, size 38 requires 4 3/4 yards of 35-inch material; with short sleeves, 4 1/2 yards; 2 1/2 yards of edging.

No. 1643 is designed for sizes 14, 16, 18, 20, 40 and 42. Size 16 requires 1 1/2 yards of 54-inch fabric for the jacket; 3/4 yard for the gloves, with 1/4 yard contrast; 1 1/4 yards for the scarf and 3/4 yard for the bag.

Send your order to The Sewing Circle Pattern Dept., Room 1020, 211 W. Wacker Dr., Chicago, Ill. Price of patterns, 15 cents (in coins) each.

## AROUND the HOUSE Items of Interest to the Housewife

**Care of Aluminum.**—Aluminum is one material which is apt to warp if cold water is run into it after it has been removed from the fire and is still very hot. Either wait a bit before putting the pan to soak or run boiling hot water into it for soaking.

**Hints to Carpenters.**—When driving nails into hard wood touch the end of the nails with lard or tallow, when they will be found to go in much more easily.

**Squeaky Carpet Sweeper.**—If your carpet sweeper squeaks, apply oil on a feather or from a small oil can. Use the oil on the bearings and around the wheels. Then run the sweeper over a paper to catch any surplus oil so it won't drip on your rugs.

**To Whip Evaporated Milk.**—Evaporated milk can be whipped by this method: Cover can with two inches of cold water, bring to boil and boil for five minutes. Then cool and chill the can thoroughly, pour milk into cold bowl and whip with a cold beater.

**Shining the Stove.**—Before blackening the kitchen stove go over it with a cloth dipped in vinegar to remove all the grease.

**For New Griddle.**—To prepare a new aluminum griddle for use, first wash well in warm water and soap suds and remove any labels. The griddle is hot enough on a range when a small piece of paper placed on top will brown. Lower the heat and start baking. Cakes often stick if the griddle is too hot. Wash the griddle after it has been used in plenty of hot soapy water and wipe perfectly dry before storing.

**Beautifying the Hands.**—After using lemons, don't forget to wipe off your hands with the skins! They will remove all stains from vegetable paring and soften and whiten the skins.

**A Blanket Note.**—To keep the tops of blankets and quilts clean, bind the edges with pieces of cheesecloth about 16 inches wide. These can be tinted to match the blanket, and removed when soiled.

**QUESTION**  
You never seem to have a cold, Ethel.

**ANSWER**  
Perhaps I'm just lucky. But I always use Luden's at the first sign. They contain an alkaline factor, you know.

**LUDEN'S 5¢**  
MENTHOL COUGH DROPS

**PROFESSIONAL ICE HOCKEY**  
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Wichita Skyhawks vs. St. Paul

JANUARY 14  
Wichita Skyhawks vs. Kansas City

Admission  
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**PULLET LAID LARGE EGG**

A. N. (Uncle Andy) Wentworth brought to the Star office last Saturday, what he believes is the largest hen's egg of the season, which was laid by one of his eight-months-old Hampshire Red pullets.

The egg measured seven and a half inches in its longer circumference and six and a half inches in its shorter circumference, and weighed three and three-fourths ounces.

Mr. Wentworth has about forty of these fine pullets, one of which has laid three double-yolked eggs, and another has laid one double-yolk. Thirteen of the pullets are laying at this time, and their eggs are as large as the eggs of an old Leghorn hen. He is well pleased with this new breed of hens.

**HEALTH NOTES**

**HEALTH**

AUSTIN—"The Texas State Department of Health is facing one of the most critical stages in the history of its existence," states Dr. Holman Taylor, Secretary, State Medical Association of Texas.

"The rapid expansion of the public health program during the past few years in Texas has been due in part to the increased interest of the citizens in the need for a more adequate program of health protection and a more emphatic demand that these services be given through the State Department of Health," Dr. Taylor further states.

"If these demands are to be satisfactorily met, and the people in all parts of the state gain the reasonable health protection to which they are entitled, the following fundamental needs of the Department should be met for the next biennium:

1. A substantial increase in the amount of funds for the support of the central administration.
2. Adequate appropriation for the promotion of a successful anti-venereal disease program.
3. The passage of a new up-to-date sanitary code in line with the national code.
4. Sufficient monies to be used as an equalization fund for promotion of local health work in the financially weaker cities and counties.
5. An increase in the number of public health districts from 6, the present number, to 12, with adequate personnel to carry forward an effective program of communicable disease control.
6. A separate appropriation for both Malaria Control and Pneumonia typing.
7. A Constitutional Amendment to permit counties to levy and collect a special tax to support local health work if their general revenue funds are inadequate or overdrawn.
8. Establishment of a division of mental hygiene to reduce the number of mentally ill.

"If these eight vital needs are met by the incoming 46th Legislature, I feel confident that the Texas State Department of Health will be enabled to render the type of service that will be reflected in a constantly decreasing death rate from those diseases that are preventable," concluded Dr. Taylor.

AUSTIN—At this season of the year business men are balancing their accounts for 1938 and preparing budgets for 1939. Dr. Geo. W. Cox, State Health Officer, asks that everyone look into their health account and see if it is in balance. No doubt most persons have overdrawn their health accounts in many ways



**KEEPING CURED MEAT AT ITS BEST**

It is not necessary to have cured hams and bacon dry or rancid in summer, as they do when left hanging in the smoke-house until used up. Our old friend cotton plays a new role in good eating, and certainly cotton growers should be interested in any method that enables them to use more of their own product to advantage, as they have long done in cooking oils and compounds, and more lately in margarine. It has been found that refined cottonseed oil is a superior meat preservative. Ask for refined cottonseed or cooking oil in bulk, or five gallon cans, at your grocer's store. Since it can be used over, the cost of preserving meat in this manner is not excessive.

The Lubbock (Texas) Experiment Station gives the following suggestions for West Texas conditions, and they will doubtless apply to most of the Southwest. "Hams can be properly cured by leaving them in the cure two days for each pound the ham weighs; for example, a fifteen-pound ham will cure in thirty days. Bacon will cure in one day for each pound—eight pounds, eight days, etc. When the meat is removed from the cure the excess salt is washed off with clean, cool water, the meat is then soaked in fresh well water for a period of two hours for hams and one hour for bacon. Use fresh water for each batch of meat, as the water becomes salty with use."

"The meat is then hung up to drip and dry overnight before smoking. Smoking is not absolutely necessary before placing the meat in storage, but is desirable. After the smoking is completed the meat should be allowed to cool. Then pack it in any suitable container—the crock jar, the lard can, or the oak barrel; the crock jar is preferable.

"After the meat is well packed in

**Regal Theatre**

Saturday  
7  
**Hunted Men**  
Lloyd Nolan, Mary Carlisle  
Big Chief, Serial

Sunday, Monday and Tuesday  
8 9 10  
**The Texans**  
Joan Bennett, Randolph Scott  
Popeye in Plumbing Is Pipe, News

Wednesday, Thursday, Friday.  
11 12 13  
**"MY LUCKY STAR"**  
Sonja Henie, Richard Greene  
Comedy

FRIDAY NITE IS  
**Stage Pay Nite**  
Be present Friday or register  
Wed. or Thurs.  
\$15.00

and as a result most retrench if their bodies are to escape health bankruptcy.

The best thing to do is go to your family physician and have him give you a thorough examination. Diabetes, Brights disease, heart trouble, tuberculosis, anemia, internal tumors and syphilis are among the diseases sometimes discovered in examinations of supposedly well people.

After such an audit your doctor will assist you in making a health budget. This should include plenty of rest, fresh air, exercise, proper food, and moderation in the items used to excess in the past. If this is done you will not only add years to your life but will make these years more worth living and enjoyable.

Great strides have been made by health agencies in lengthening man's span of life. There is much yet to be done but the health departments need the cooperation of everyone and each citizen should become acutely interested in his own health. The State appropriates five cents for each person's health. This must be tripled and health made a personal matter before Texas can say that it is the healthiest State in the Union.

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

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

**SERVICE**  
Is The Best Thing One Can Dispense To His Neighbors.  
And That is what I am Offering. Real Service. Service That MUST be what it is represented to be.  
Batteries Charged, Lights, Adjusted, Magnetos Rebuilt  
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At Fruit Building On Sixth Street.  
Exide Batteries. Delco Batteries  
GENUINE PARTS FOR CAR, TRUCK OR TRACIOR

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For Courteous Treatment and First Class Work  
IN A FIRST CLASS BARBER SHOP  
Jack's Barber Shop  
I SOLICIT YOUR BUSINESS  
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**STARNES AUTO GARAGE**  
ON THE HIGHWAY, FRIONA, TEXAS  
All Kinds Auto Repair Work  
P. G. STARNES

**EVERY VITAL ORGAN**  
In the Human Body, is connected with and controlled by  
**NERVES**  
From the Spinal Column and the Brain.  
Heart, Lungs and Bronchi, Liver and Bronchi, Liver and Gall Bladder, Stomach, Kidneys, Large Intestants, Prostate.  
**CHIROPRACTIC LOCATES AND CORRECTS THE CAUSE OF ABNORMALITY.**  
Dr. Wilbur M. Meade  
Chiropractor

**A GOOD THING**  
When you know a good thing, pass it on to your Neighbors. Tell them about  
**HOULETT'S HELPY - SELFY LAUNDRY**  
"We take the work out of wash."  
E. E. Houlette, Proprietor

**Speed of Arrows and Bullets**  
The range and speed of an arrow cannot begin to compare with that of a rifle bullet. An arrow leaving the bow such as deer hunters use travels at a speed of from 120 to 135 feet per second, while the bullet from a 30-30 sporting rifle has a muzzle velocity of approximately 2,000 feet per second. The killing range of the arrow is seldom over 60 yards, while a rifle bullet has a range upward of 300 yards, but the usual kill is made from about 20 yards.

**England's Old Capital**  
The capital of England at the time of the Wessex kings—Winchester—was once the city of King Alfred. It saw the parliaments of William the Conqueror and Edward the Confessor's coronation and ranked in importance with London in medieval times. All that remains of its former greatness is the cathedral—the longest Gothic church in Europe.

**Ceremonial**  
"Does your wife insist on being presented at court?"  
"I'm afraid she does."  
"But great statesmen no longer permit it."  
"No. But we know a local chief who for a consideration arrange a satisfactory ceremonial."

**BANG! BANG!**

"In a quarrel with a fellow night Miss Mary's skirt was so burst when the powder shot about her exploded."  
"Awful! What caused it?"  
"Too much friction, of course."

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