

**Orchid Beauty Shop**  
For Beauty Work that Really Beautifies  
Call 165 for appointment

# The O'Donnell Index

**SERVING O'DONNELL TRADE TERRITORY THOROUGHLY**

Read Index Ads and Save Money

Volume XVIII O'Donnell, Lynn County, Texas, Thursday, October 17th, 1940 No. 5

## EAGLES WIN HOMECOMING GAME

### Eagles Defeat Post On Homecoming Day

An estimated crowd of 2,000 football fans went wild here Friday night as the O'Donnell Eagles battled the strong Post Antelopes to a standstill and won the Homecoming Game by two first downs. Neither team succeeded in crossing the line for a touchdown, so that the Eagles' seven downs won over the Antelope's five.

The teams played clean, heads-up football throughout the game, with no man on either team starting; it was teamwork for both clubs from start to finish. In commending the teams, we wish to add some special praise for the Eagle second string men; though few of them have had an opportunity to play in the four games this season, the main stringers could not have improved and developed as they have done if the subs had not given them plenty of competition and hard work during the week. Stay in there, you subs; the Index is already planning football headlines for next year's team.

**Football Queen Crowned**  
Between-half features were almost as thrilling as the game itself, with the coronation of the football queen and stunts by pep squad and band keeping the crowd in cheers.

Ex-students here for Homecoming, the present body, the band and the pep squad formed a guard of honor in the center of the field, and with this colorful group as a background, Captain Nolan Hall crowned Her Majesty Cassie Mae of the House of Newton Football Queen of 1940. The queen wore the school colors, her frock being black crepe and her corsage gold chrysanthemums. The crown, of course, was a football helmet.

In the queen's court were candidates from the other three classes, Alta Dean Fortner, Lois Hamrick, and Margie Buchanan, representing the Freshman, Junior, and Senior classes respectively, and their escorts, G. W. Burdett, Jim Joe Carroll, and Lewis Glenn Clark.

Following the coronation, the band and pep squad went into parade and formation of the letter "P" honoring the visitors and into OHS for the Eagles.

Words could not express the perfection of these formations; they

would have done credit to any college anywhere. Color-bearers were Mary Louise Singleton, Pauleta Middleton, and Emma Jo Hinkle in costumes of blue and white satin; drum-major Clodette Dovel wore the school colors, as did pep leaders Joyce Hines and June Gibson; majorettes Ruth Hall and Thelma Turner wore white satin costumes, and little Peggy Beach, mascot, pranced with the band of them in her gold and black suit. Pep squad girls wore the traditional black and gold costumes which have attracted so much favorable comment through out this section during the past two years.

Appreciation and praise are due Mrs. Burks for her untiring work with the band, and to Melvin Boosford, who directed the formations.

**BAPTIST PASTOR DELIVERS FAREWELL SERMON SUNDAY**

Rev. J. A. Lunsford delivered his farewell sermon to his congregation here Sunday night, and the First Baptist church is temporarily without a pastor. Rev. Lunsford and family left Monday morning on their way to Brazil, where he and Mrs. Lunsford will take up duties as missionaries.

They had accepted a call to Africa some months ago, but due to the war, their sailing had been indefinitely postponed. Notification was received from the Mission Board several days ago that they might change their field to South America if they desired.

Best wishes and prayers of their friends will accompany them to their new work.

**SEAGRAVES GETS READY FOR HUGE HALLOWEEN SHOW**

SEAGRAVES, Oct. 17—In anticipation of the gigantic crowd expected here for the gala Halloween Celebration and Herbie Kay dance October 31, an additional 2,000 feet of floor space is being made to the north side of the building and will accommodate about 120 additional

### Homecoming Crowd Exceeds Expectations

In spite of inclement weather, attendance Friday evening at the reception honoring ex-students of O'Donnell High School far exceeded expectations, and the entire affair was outstanding for its manifestation of school spirit and enthusiasm.

Members of the faculty were hosts for the occasion, and from the receiving line at the downstairs entrance to the singing of the last school song which closed the program, no improvements could have been made. After being officially welcomed by faculty members and local ex-students, guests were escorted to a flower banked table and decorated with their ex-student badge. On the landing of the stairs they were asked to register in the Ex-Students' roll, and then were directed into the main hall upstairs for refreshments, program and the business meeting.

The tea table was centered by a bowl of dahlias and chrysanthemums placed on a huge reflector and flanked by cathedral tapers in crystal candelabra. Plate favors were the school emblem, the eagle on one side of which was printed OHS, Homecoming Day Oct. 11, and the program on the other.

Supt. S. F. Jonsson welcomed grads and ex-students and Jack Glynn Cathey of Lamesa responded for the organization. Miss Florence Gury sang "Our Yesterdays" and "School Days", with accordion accompaniment by Mrs. Burks. Ralph Beach acted as master of ceremonies and as he expressed it called the signals' Music during the refreshment hour was given by the Burkett brothers with their stringed instruments, and A. C. Hamilton led the entire body in singing

### Officers are Elected

In a short business meeting, Burl Koelinger was named president of the Ex-student' Association, Wayne Clayton vice-president, and Gene Gardenhire secretary-treasurer.

Plans for additional ex-student activities during the year are already under way, according to statements from the new officers.

**THE JOLLY HOUR SEWING CLUB MET WITH MRS. ADAMS**

Mrs. Bert Adams was hostess to the Jolly Hour Sewing Club Oct. 10 at an all day affair, entertaining in her home. The day was enjoyed quilting and piecing on a quilt.

Present were, Mmes. C. B. Hays, J. W. Franklin, S. D. Mine, Isaac Ledbetter, Oscar Telchik, Edgar Telchik, Stelvin Burrows, H. E. Mine, H. B. Stanfield, Ned Smith, Cortez Kirby, Misses Laura Wellborn and Keva Lou Hays, and several small children.

The next meeting will be Thursday Oct. 4, in the home of Mrs. C. B. Hays. Everyone is invited to come and bring your thumb.

**LOCAL MERCHANTS ATTEND WHOLESALE MARKET SHOW**

not materially increased because ready-to-wear merchants in O'Donnell attended the semi-annual whole sale market show at Lubbock during the first of the week, making extensive purchases for stores here.

While deliveries of orders have been somewhat delayed this season, they report that prices have not materially increased because of the war, and that they were able to buy complete selections in all lines.

Miss Leta Merle Koelinger, who is in school at Tech, spent the week end at home with her parents, Mr. and Mrs. A. H. Koelinger.

### "GIVE A BRICK" DRIVE UNDER WAY HERE

Practically all drygoods and the "Give a Brick" drive for the West Texas museum building to be erected on the campus at Tech, said Wednesday that local response to the project has been most gratifying.

Those who wish to take part in the drive are asked to see Mr. Moore in the event he misses seeing you. If you wish to give the bricks themselves, take them to Naymon Everett; if you wish to donate money, see Mr. Moore. The price of one brick is only 2 1-2 cents.

**GAS LINES ARE CHECKED FOR LEAKY CONNECTIONS**

Pursuing its policy of always serving the best interests of patrons, West Texas Gas company has this week ordered all gas lines and connections checked for leaks or faulty connections.

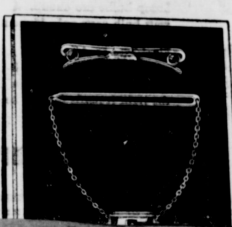
C. L. Hafer, manager of the local office, has spent the greater part of the week in this work, and said Wednesday that he had found from one to three leaks in each residence and business house.

**ATTEND DISTRICT MEET OF B & PW CLUBS**

Misses Beverly Wells and Claire Ruth Nichols were among delegates attended the district convention of the Business & Professional Women, held Saturday and Sunday in Vernon.

Judge Sarah Hughes of Dallas, only woman district judge in the state, was chief speaker, with district and state officers also appearing on the program.

Mr. and Mrs. L. E. Crouch are parents of a daughter born October 4 in a Lamesa hospital. Mother and baby are doing well.



## SWEETEST DAY

**candy**



She'll think you're the best sweetheart in all the world if you remember to bring her candy on the Sweetest Day . . . it's her day. It won't take a minute to stop in this store and make yourself her Favorite Hero!

THESE PRICES WILL HELP YOU REMEMBER THE DAY!

KING'S HOME PACKAGE

1 POUND PACKAGE	60c
2 POUND PACKAGE	\$1.00

OTHER BOXES, SPECIAL GIFT PACKAGES

\$1.00 TO \$3.00

CANDY WEEK — OCTOBER 13 TO 19  
ORDER YOUR CANDY NOW!

SWEETEST DAY—THE LAST DAY OF CANDY WEEK!

## WHITSETT'S DRUGS AND JEWELRY

"Always ready to serve you"

## THE O'DONNELL INDEX

Entered as second class matter September 28, 1923, at the post office at O'Donnell, Texas, under the Act of March 3, 1897.

PUBLISHED EVERY THURSDAY AT O'DONNELL, TEXAS

SUBSCRIPTION RATE—\$1.00 PER YEAR IN ADVANCE

PAULINE CAMPBELL

Owner

ADVERTISING RATES ON APPLICATION

### BOY'S LEG BROKEN

**IN BALL GAME**  
Dale Jackson, 15, nephew of Mrs. C. L. Beach, received a broken leg Tuesday afternoon while playing football at the Welch school. After receiving medical attention, he was brought to the Beach home here, but it was necessary to take him back for further attention Wednesday.

### COTTON GINNING REPORT

Census report shows that 3,138 bales of cotton were ginned in Lynn County Texas from the crop of 1940 prior to Oct. 1 as compared with 20,703 bales for the crop of 1939.

Miss Lometa Robinson was home from Tech for a week-end visit with her parents, Mr. and Mrs. L. E. Robinson.

### LOCAL OES CHAPTER

**ENTERTAINS VISITORS**  
O'Donnell chapter of the Order of the Eastern Star entertained six visitors from the Lubbock chapter at the regular meeting Monday evening.

Mrs. Fleta Allen welcomed the guests and Miss Florence Gary sang "My Prayer" as a special feature.

Refreshments of pumpkin pie topped with whipped cream, and coffee were served to twenty-eight members and guests.

Mr. and Mrs. Virgil James are parents of a son, born Wednesday.

### MILITARY REGISTRATION

**UNDER WAY IN NATION**  
As the Index goes to press Wednesday afternoon, the vast military registration program is under way throughout the nation.

In O'Donnell, classes were dismissed so that teachers might assist in the work, and long before noon more than five hundred men and boys had registered. Officials said they expected the work to continue through the night.

**FOR SALE:** 300-gal capacity, 2-compartment Galvanized Water Tank.—See CHAS. CATHEY AT BANK, O'DONNELL.

### CARD OF THANKS

I want to express my heartfelt thanks to Robert H. Kirk, secretary-treasurer for Equitable Life Insurance company, for his promptness in paying the claim on the death of my son. I see now why his company is so highly praised.  
Sincerely,  
Louis Sutton  
Rt. 1, O'Donnell.

### LOCAL LADY UNDERGOES

**OPERATION IN LONGVIEW**  
Mrs. Bob Debenport, who recently underwent major surgery in a Longview hospital, is reported this week as improving rapidly. Mrs. Debenport had not been in good health for some time, but it is hoped that she may soon be able to return home perfectly well.

Now

IS THE  
TIME TO...



Enjoy comfort in your home!

Install Gas Circulating Heating equipment, such as Furnaces, Floor Furnaces or Circulating Heaters. One for every need.

Even Heat Distribution

NO SWEATING

HEALTHFUL LIVING CONDITIONS

WEST TEXAS Gas COMPANY

## OUR DEMOCRACY — by Mat

**WHAT'S A MAN WORTH?**

**ANCIENT GREEKS WERE SOLD AS SLAVES—VALUE \$30**

**PILGRIM FATHERS HAD LITTLE CASH—THEIR WEALTH WAS LARGELY GUN, AXE, CABIN.**

**WHEN GREAT GRANDPA SET OUT IN '49 FOR CALIFORNIA, \$500 WAS GOOD ANNUAL INCOME.**

**IN FREE, DEMOCRATIC U.S., HALF OF ALL MEN OWN HOMES; 64,000,000 LIFE INSURANCE POLICY-HOLDERS HAVE PROVIDED AVERAGE OF \$3700 FOR FAMILY PROTECTION—45,000,000 HAVE SAVINGS ACCOUNTS AVERAGING \$550. THERE ARE ENOUGH AUTOS TO SEAT EVERY MAN, WOMAN, CHILD.**



REMINING YOU  
YOU NEED LAMP BULBS

## SOMETHING TO REMEMBER

Nearly every store sells lamp bulbs. Phone for a supply or buy them the next time you go to the store.

Lamp bulbs are cheap. A 100-watt bulb costs only 15 cents.

Electricity is cheap, too. A few pennies a night is what it costs the average family to have ALL the light it needs for easy seeing.

TEXAS ELECTRIC SERVICE COMPANY

C. E. CAMERON Manager



Here's the MODERNE—two colorations—a daring black, a gorgeous tan. PABCO heavyweight.

... so clever in design  
... so smart in colors

You'll Want PABCO in Every Room

the only felt base RUGS  
with famous PABCO

\$5.50



Smart marbled patterns with "custom-built" effect of monogram color accent.

## STARTLING NEW

## GUARANTY RUGS

FAMOUS PABCO

Stainless Sheen

- .. in New moderne effects
- .. in New "broadloom" leaf patterns
- .. in New "custom-built" marbled colorations



Four glorious colorations in this beautiful "broadloom" leaf pattern. Every size.

... make up your mind to make over your rooms ... the many sizes, many patterns, many colors will let you express individuality for each floor ...

PABCO GUARANTY RUGS wear like iron—clean with the white of a damp cloth—excel in tests for wear, color and gloss!

MANSELL BROS.

**BAND WILL SPONSOR AMATEUR NIGHT THURSDAY**

Under the auspices of the school band, Amateur Night will be held at the high school auditorium Thursday evening of next week, Oct. 24. Admission will be ten and fifteen cents, proceeds to be used in pay-

ing for the band suits. This program will be similar to those held last year, except that they will be much better. Music readings, novelty numbers, etc will be the chief features. Make a ring around that date on your "Must attend" book.

Mr. and Mrs. Burley Brewer and his sister, Mrs. Turner, spent the week-end in Ft. Worth, Mrs. Brewer going back for examination of

"Little Doe" Thompson was home from Brownwood over the week-end, visiting his parents, Mr. and Mrs. Clay Thompson.

**MRS. STREET HOSTESS TO KONGENIAL KLUB**

Mrs. Irvin Street was hostess Tuesday afternoon to members of the Kongenial bridge club. After the lesson, games of bridge were enjoyed. Mrs. Roy Adams winning high score and Mrs. Elmer Daniels bingo. Pumpkin pie, cheese straws, and coffee were served.

Miss Peggy Adams was down from Tech for a week-end visit with her parents, Mr. and Mrs. Roy Adams.

Mrs. M. D. Conger visited friends here Friday, she and her brother, J. M. Alderson, going on to Brownwood for the week-end. Coach and Mrs. Conger are at Farwell this year.

**HAS TONSILS REMOVED**

Little Miss Helen Jean Hoffman, daughter of Mr. and Mrs. Charles Hoffman, underwent an operation for the removal of her tonsils Tuesday. She is recovering nicely.

**POST MAN NEW HEAD**

F. A. Gilley of Post was elected to succeed Gilbert Wollard of Mulleshoe as president of West Texas Letter Carriers' association at a regular meeting Saturday night in district courtroom here.

Other officers named were S. L. Powell of Slaton, vice president, and W. A. Reddell of Tahoka, secretary-treasurer.

Visitors at the meeting were W. L. Fletcher, jr. of Hamlin, treasurer of the national association; Joe Naley of Trent, trustee of the state group, and Frank M. Simpson, of Merkel, president of an association in that territory.

**COMPLETE STOCK**

OF HANES UNDERWEAR FOR THE

WELL-DRESSED MAN

**ECONOMY DRY GOODS**

"Now I'm unaware of underwear!"

"Yes, sir . . . wearing HANES middleweight WINTER SETS you hardly know you've got them on! You're warm outdoors without sweltering indoors. Easy to pull on and take off. All-round Laster waistband. And I like the gentle athletic support of the HANES-KNIT Croch-Guard."

Your HANES Dealer will be glad to show these garments to you.

**HANES WINTER SETS**

**50¢ to \$1**  
THE GARMENT  
Wear a sleeveless or short-sleeved shirt with one of the WINTER SET styles. All cotton (combed) or cotton-wool mixture HANES HEAVYWEIGHT CHAMPION, \$1. Others, 85¢ to \$1.

P. M. HANES KNITTING COMPANY  
Winston-Salem, North Carolina

**HANES UNDERWEAR**

IN ALL STYLES AND SIZES

**C. C. DRY GOODS**

**FLOWERS FOR EVERY OCCASION**

EXPERT DESIGNING — WEDDINGS A SPECIALTY  
FLOWERS AND PLANTS OF ALL DESCRIPTION  
GROWN IN GREENHOUSE

A Complete Line of Shrubbery and Pot Plants in Season.

SEE US BEFORE YOU BUY

**LAMESA FLOWER SHOP AND GREENHOUSE**

611 South 4 St. — Phone 194 O'Donnell Agent— Corner Drug

**PURE MILK**

And a well-balanced diet is health and good grades insurance.

Send your youngster to the head of the class—

Buy Pure Milk from—

**WILLIAM'S DAIRY**

**C. N. WOODS**  
"Gifts That Last"  
JEWELER  
WATCH REPAIRING  
TAHOKA, TEXAS  
1st Door North of Bank

**B. M. HAYMES**  
Real Estate and Insurance  
O'DONNELL, TEXAS

**HOW TO GET A JOB**  
Thousands of young people find Draugham training and South-wide placement service the shortest way to good starting positions and growing incomes. Send for catalogue M today.

*Draugham's*  
Lubbock, Abilene, Dallas, Wichita Falls  
To Relieve Misery of  
**COLDS**  
Take 666  
WOMEN, BABIES, SALVE, NOSE DROPS

**REAL ESTATE**  
Farm and City Loans  
Rentals  
Oil Leases and Royalties  
**DEEN NOWLIN**  
Residence Phone 183  
Office Phone 57

**CAUTION**  
Use judgment in buying Burial Policies. Be sure that the Company is building up the necessary **MORTUARY FUND**. If it is not, the time will surely come, when it will not be able to pay its claims. You are taking no risk when you insure in—  
**THE RIX BURIAL ASSOCIATION**  
Phone 500 Lubbock

**O A T E S**

**SALE**

**GROCERIES, MEATS, POULTRY & PRODUCE**

**SPECIALS FOR FRIDAY & SATURDAY**

**SYRUP** BRER RABBIT GALLON **59c**

**FLOUR** OUR FINEST **48** LB. BAG **\$1.35**

**COOKIES** REGULAR 15c SIZE **2 FOR 15c**

**TOMATOES**

No. 2 CANS **2 FOR 15c**



**ARMOUR'S VEGETOLE SHORTENING** 8 LB. CARTON **72c**

**ENGLISH PEAS**

No. 2 CAN COUNTRY KIST **2 CANS FOR 19c**



**PEACHES** DEL MONTE No. 2 1/2 CANS **2 FOR 35c**

**AMERICAN SLICED CHEESE** POUND **29c**

**GRAPE FRUIT** TEXAS EACH **4c**

**CALUMET** BAKING POWDER 1 LB. CAN EACH **17c**

**POTATOES** No. 1 **10 LBS. 19c**

**ROAST PORK SHOULDER** POUND **16c** | **SAUSAGE** PORK 2 POUNDS FOR **25c**

*Fresh*  
**VEGETABLES**  
**CRANBERRIES**  
NEW CROP QUART **22c**

**VEGETABLES**  
3 BUNCHES FOR **10c**

**BANANAS**  
GOLDEN FRUIT DOZEN **10c**

**GRAPES**  
Tokays or Tompons Seedless — Pound **5c**

**ORANGES** EACH **1c**  
**APPLES** EACH **1c**

**BACON**  
SUGAR CURED POUND **16c**

**STEAK**  
ROUND POUND **24c**

**ROAST**  
BRISKET or CHUCK POUND **14c**

**OLEO**  
2 POUNDS FOR **21c**

**OATES FOOD STORE**

# Quality FOODS at lower prices

We're beating the drum for the low prices in our parade of values... a parade that never ends at Mansell's! So if you're looking for foods of high quality at prices you can afford join the crowd of satisfied customers at Mansell's. Check every item in this ad and note the savings for yourself. PHONE 50



**10 LBS. For 12 1/2c**

**Buckwheat Blend PAN CAKE FLOUR 10c**

**SOAP Kirk's Hardwater 6 BARS For 25c**

**Fancy White Swan Mustard or Turnip GREENS 3 for 25c**

**PORK & BEANS White Swan 9 oz. 6 Cans For 25c**

**PEANUT BUTTER 1/2 Gallon For 47c**

**MATCHES 6 BOXES No. 4 For 12 1/2c**

- TOILET TISSUE 6 Rolls . . . . . 25c
- BIG 4 SOAP FLAKES, Giant Size 33c
- GRAPENUTS . . . . . 13c
- RIPPED WHEAT . . . 3 Boxes . . . 25c
- OATS . . . 3 lb. White Swan . . . . . 17c
- COCOA . . . . 1 lb. Mother's . . . . . 8c
- Red Pitted CHERRIES . 2 No. 2 cans . . . . . 25c
- FIRE SIDE BEANS . . . 3 Cans for 25c
- RANCH STYLE BEANS . 3 Cans 25c
- Fancy White Swan HOMINY . . 303 Can . . Each . . . 5c
- Campbell's 14 oz. Size TOMATO JUICE . . . 3 for . . . . . 23c
- Concho Brand PEACHES, In Heavy Syrup, 3 for 26c
- PEAS . . . . 303 Size . . . . . 9c
- SHORTENING . Pure Veg. . 4lbs. 36c

PHONE 50 **MANSELL BROS.** PHONE 50  
FREE DELIVERY WE DELIVER

# AMATEUR NIGHT

SPONSORED BY SCHOOL BAND

**HIGH SCHOOL AUDITORIUM**

**THURSDAY, OCT. 24**

**8:00 O'CLOCK**

**ADMISSION 10c AND 15c**

**PROCEEDS WILL BE USED FOR BAND SUITS**

**EVERYBODY COME!**

### ANDREWS FORFEITS GAME TO EAGLES TONIGHT

In a telephone call to Supt. S. P. Johnson early in the week, the Andrews coach called off the football Mr. Ben Moore, local chairman of night.

As we go to press Wednesday afternoon, no game had been matched for the Eagles for tonight, but Coach Ray DeBusk was making

every effort to get one to be played here.

### MISS PALMER HOSTESS TO TUESDAY CLUB

Miss Thelma Palmer was hostess this week at the regular meeting of the Tuesday Bridge club, with her sister, Mrs. Wm Rossier, jr. of Albuquerque as guest of honor. Mrs. M. J. Whitsett won high

score, slam prizes going to her and to Mrs. C. L. Hafer.

A salad course was served with coffee to Misses Bradley, Campbell, Forgy, Hafer, Henderson, Hughes, Jordan, Noble, Robinson, Wells, and Whitsett. Mrs. Weidon Johnson was a tea guest.

Mrs. C. L. Hafer left Wednesday to spend a few days with friends at Midland.

## Vitamins Are In Vogue; Let's Get the Facts

In recent years, the term "vitamin" has become a household word. To nearly everyone it means vim, vigor, vitality, and all that goes with good health. What are these vitamins anyhow? What is the story back of them?

The existence of certain unidentified substances having superior nutritive properties was suspected long ago. As early as 1699 B.C., Egyptians and Chinese hit on the discovery that eating livers would improve one's vision in dim light. Today we know that the liver supplied vitamin A, recognized as a protective food factor for night vision. About 1720, Kramer, an Austrian physician, found that when certain fresh foods, such as vegetables and fruits, were added to the diet of persons suffering from scurvy, this disease was cured. Today we know that these foods supplied vitamin C. These and other instances of earlier times afford an interesting background to our present knowledge of vitamins.

### Word Coined 23 Years Ago

It was only 23 years ago that the word "vitamin" was coined. And since that time, the nation has become "vitamin-conscious." Scores of scientists are engaged in vitamin research. New discoveries are being made, and the subject has aroused such interest, that the public last year spent about \$75,000,000 for vitamin products in drug stores.

For a long while, vitamins were looked upon as something quite mysterious. Today, although there is still considerable mystery, a great deal is known about them.

### Several Kinds of Vitamins

We know there are several kinds of vitamins, and that each has its own specific function in the body. They help children to grow, give endurance and stamina, stimulate appetite, build body resistance, and have other values. Taken into the human body, they act somewhat like the ignition spark in an automobile. Outstanding among recent discoveries are those of Dr. C. A. Elvehjem of the University of Wisconsin. He found, in studying the B vitamins, that meat is the richest source of these important factors. The three on which the most infor-

## New Chart Tells Vitamin Story

VITAMINS		Common Foods as Sources of Vitamins				
		A	B	C	D	
LIVER	4oz	6885	389	3545	35.5	5
HEART	4oz	*	659	1980	28	
KIDNEYS	4oz	745	95	2605	198	
SMELTBREADS	4oz	*	373	907	3.7	
BEANS	4oz	*	280	459	9.0	
BEEF	4oz	*	67	227	294	8.4
LAMB	4oz	*	35	597		
VEAL	4oz	*	50	414	16.2	
POOK	4oz	*	1602	544	11.0	
FOWL	4oz	*	164	166		
OYSTERS	1/2 cup	150	225			5
GOO LIVER	1/2 cup	375	44	177	3.5	0.629
OIL	1/2 cup	248	82	502	1.0	2.5
EGGS	1/2 cup	231	0			0.11
MILK	1/2 cup	*	120	56		
BUTTER	1/2 cup	375	8	120		
BREAD	1/2 cup	0	151			0
CHEESE	1/2 cup	60	28	71		4.5
OATMEAL	1/2 cup	50	76	113		41.3
APPLES	1/2 cup	206	46	105		8.5
BANANAS	1/2 cup	0	51	120		52.8
GRAPEFRUIT	1/2 cup	563	54	254		1.2
PEARS	1/2 cup	1870	82	595		50.0
SPINACH	1/2 cup	50	116	72		9.8
POTATOES	1/2 cup	1125	52	48		22.5
TOMATOES	1/2 cup	750	420	500		17.5
PEAS	1/2 cup	3188	66	153		5.3
CARROTS	1/2 cup	38	168	180		28.8
CALIFLOWER	1/2 cup					

\* Not determined but present in small amounts. † A portion of the vitamin C is destroyed in cooking. ‡ Dried milk diluted with an equal amount of water has the same value as pasteurized milk.

(1) Thiamine: 1 microgram = 1/2 International Unit. (2) Riboflavin: 1 microgram = 1/20 International Unit. (3) Ascorbic Acid: 1 milligram = 17 International Units.

mation is available are thiamine (B<sub>1</sub>), riboflavin (B<sub>2</sub>), and nicotinic acid. The findings of Dr. Elvehjem and others have revolutionized the whole vitamin picture. The accompanying chart, carrying the seal of the Committee on Foods of the American Medical Association, is a brand new one. The figures show the vitamin content of many of our common foods.

### Vitamins Have Many Functions

The vitamins featured in this chart are all necessary for growth and health. In addition, vitamin A

increases general body resistance and protects against night blindness and a severe eye inflammation. Thiamine stimulates the appetite, aids in the utilization of starches and sugars, and prevents beriberi. Riboflavin is necessary for normal functioning of body cells, protects against certain nervous disorders, pellagra, and a type of eye inflammation. Nicotinic acid prevents and cures scurvy, and protects gum tissues. Vitamin C prevents and cures scurvy, and protects gum tissues. Vitamin D, sometimes known as the "sunshine" vitamin, is essential in preventing rickets.

# A VERY SIMPLE PROBLEM

Any school child can understand that there should be no school lunch problem or "what to eat" problem in a community where there is a Red & White Store.

Red & White food plus very little expense assures excellent meals just as surely as 2 plus 2 makes four.

Begin today to use your Red & White stores to supply your table or lunch box with the very best foods on the market, and at low cost.

The child who goes to school well-fed from pure foods, such as are always sold at your neighborhood Red & White stores, is better equipped to study and to learn.

So, for the sake of your family's health and happiness and for the sake of your pocket-book, begin now to save money and protect health and happiness by marketing the Red & White way!



# B & O CASH STORE