

THE BAIRD STAR

Established by W. E. Gilliland, December 8, 1887

Issued every Friday, Baird, Texas

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Eliza Gilliland, Editor and Publisher Haynie Gilliland, Asso. Editor

AROUND TOWN With OTTO B. GRATE

Please be calm. There's no cause for hysteria if you see one of the town's small boys dyed a deep shade of burgundy tinged with tints of amethyst.

In the battle between the Ex-Grads and the 1941 football team the youngsters nosed not with a big score and the Exes were left with a flat nothing.

I don't know about Sunday at your place, but over at our house things happened. "Kitty Foyle, the cat, now has a family of four.

This column wants to say thanks to Frank Browning for a gift of strawberries. The Browning berries and fruit have a name, not only in this immediate community but through out this section of the state.

Baird had a visit last week from one of Camp Berkeley's larger sized recruits, James A. Taylor, of El Reno, Okla.

Spotlight of the week goes to Mrs. Ada Uzzell, one of the town's alert minded citizens and kind neighbors.

ON THE BAIRD CAMPUSES PAE

School bells ring for the last of the semester this week and doors will be locked hard and fast Friday for the summer months.

Principal H. W. Smith of the Ward School, enjoys immense popularity with his students and has surely done a great deal

to properly mould the younger pupils with his constant association with him. Principal Smith believes you can influence children more by making yourself part of their activity.

Baird has had a great deal to be thankful for his past year and I hope this small inventory helps, although to cover it adequately we would have to cover the work of each teacher; for it takes every teacher doing her best to make a school.

The Headlight, school annual, printed by The Gilliland Printing Co. at the Baird Star, rates the highest of any year book to be published by the school.

A record crowd attended the Senior class play last week. The play, a three act comedy, "Don't Darken My Door" was directed by Lelia Hammock and Ona Dell Ashton.

Commencement exercises will close school this week. Announcement of all awards, perfect attendance, perfect deportment, and highest averages will be complete Friday and will be given in the Star next week.

Dr. Cox Says—

"The importance of feeding for fitness" as a part of the national defense program cannot be over-emphasized because proper nutrition is the basis of health and physical fitness," states Dr. Goe W. Cox, State Health Officer.

"America is beginning to realize that intelligent selection of the proper foods necessary to maintain optimum health is more important than merely eating food without regard to its nutritive qualities."

"In a comparative study made on the health of school children in two widely separated districts one in an agricultural community and the other in an industrial area, a large percentage of the children from the farming sections were found to be malnourished, while those from the industrial area were in better shape physically."

"Although milk and other dairy products, fruits, and fresh vegetables, all of which are essential to a well-balanced dietary, were readily available in the farming sections, the children had been allowed to indulge their preferences for less familiar and less nourishing foods with the results already mentioned above."

"Certain factors that affect nutrition, and not all of them apply to food, must be given consideration in feeding for fitness" The State Health Department would stress the importance of the following:

"First, the diet must be adequate; it should include on a day-to-day basis a generous supply of the protective foods, milk, fruits, vegetables, eggs, whole-grain breads and cereals."

"Second, sufficient sleep and rest to maintain a good physical condition."

"Third, remediable physical defects, such as decayed teeth or diseased tonsils, should be corrected in the individual to insure the best utilization of food."

"Fourth, correct elimination is essential in the utilization of food."

"Fifth, exercise and fresh air are needed to stimulate the appetite and give tone to the physical condition."

"Sixth, good posture aids digestion."

I want to buy your cream, chickens, eggs and Hides. Located in the V. L. Chatham old Stand. F. L. Wristen

TEXANS TODAY OUTSTANDING LEADERS ACTIVELY ENGAGED IN THE CONSTRUCTIVE DEVELOPMENT AND BUILDING OF "THE LONE STAR STATE"

Portrait of Gerald C. Mann with various text boxes highlighting his achievements: BORN SULPHUR SPRINGS, JAN. 15, 1902; AT HARVARD, WORKED HALF DAY IN GARMENT FACTORY; RECEIVED B.A. DEGREE FROM S.M.U. IN 1928; NAMED SECY. TEXAS PLANNING BOARD; GERALD C. MANN HAS ALWAYS BEEN A LEADER.



last, knelt and allowed his rider to step to the ground. You would want to wave your hat and say "Bravo!"

Everybody knows that the ranch was established by Captain Richard King, who made a fortune steamboating on the Rio Grande more than three-quarters of a century ago and that the brand is the running W or "little snake", as the Mexicans call it.

But perhaps everyone doesn't know that Robert J. Kelberg Jr who is at the head of the ranch sent to Africa and obtained Rhodes grass, a tall and hardy species which thrives in its new environment.

Because Caesar Kleberg, down at Norias, and others responsible for the management of the ranch are firm believers in wild life conservation, there are numerous deer, turkeys and quail.

All the way to Argentina, the ranch sent for a specially-constructed chute. It is made of iron wood. (You needn't be ashamed; I had never heard of it before either.)

Yonder is a pen but-unlike the ones around railroad depots, it is round. That's to keep the cattle from "cornering up", it is explained.

Yes, sir, as impressive as the size of the King Ranch is, stretching in all directions until the eye aches, the attention to the smallest detail is, in its way, equally impressive.

Back again on the highway, the visitor turns for a last look at almost a million acres of waving grass and peaceful cattle and riders that are centaur-like in grace, and wonders how Houston's battlements of trade and Dallas' streets, choked with humankind, can exist in the same State as all this.

Texian topics: Unveiling of a painting of United States District Judge James C. Wilson marks deserved recognition for an able and splendid public official. More than 300 attorneys of the Northern District of Texas participated in the tribute.

pressions from readers who have been listening to the "I Give You Texas" program which is given over KGKO, 12:45 p. m each Sunday.

Callahan Co. Boy Writes From Hawaii

Hickman Field, Hawaii Hq. and Hq. Sqdn. 18th Bomb Wing.

Wonder if a word from Honolulu would be of interest to my friends and schoolmates of the old stamping grounds?

We landed at Honolulu, Oahu Island Dec. 24 1940. My first week was spent in the highlands of Oahu at Wheeler Field.

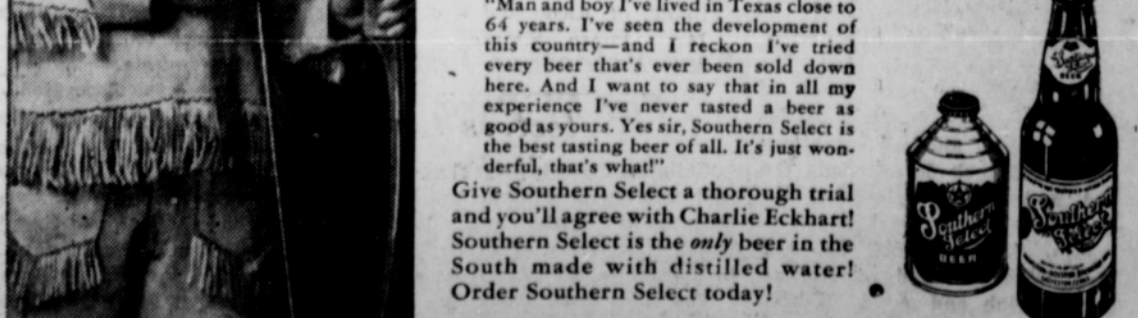
Hawaii was discovered by Capt Cook, of the British Navy in 1778. The land was uninhabited by beast of prey, snakes or monkeys, that we usually associate with the jungles.

FAMOUS TEXAN SPEAKS HIS PIECE!

Old Timer From Bandera Vows That His Experience Through The Years Proves To Him That

Southern Select is the Best Tasting Beer

Down around Bandera everybody knows Charlie Eckhart. He's famous for his hand-made shingles, amazing archery skill, and his mellow judgment.



GEO. H. JEWELL DISTRIBUTOR 1109 N. Breckenridge Breckenridge, Texas, Phone 476

KNOW YOUR MONEY

All paper currency of \$2.00 denomination has the portrait of Thomas Jefferson on the face and a picture of Monticello engraved on the back.

(See next week)

The First National Bank of Baird BAIRD, TEXAS (Member Federal Deposit Insurance Corporation)

reminded me of the rows of lights that I've seen across the streets of Baird at Christmas tims. Those that Otto B. Grate wrote so beautifully about.

Hawaii lies about 2,300 miles southwest of San Francisco. We were 7 days on board. P. S. I didn't get seasick.

There are eight inhabited islands and about a dozen other small dots pushing their barren faces slightly above the waves. The inhabited islands in order of size are: Hawaii, Oahu, Kauai, Molokai, Lanai, Nihoa, and Kahoolawe.

We call them simply the "Paradise of the Pacific", the name, you know we learned in geography, 'way back when'.

Mark Twain said of these islands: "Hawaii, the loveliest fleet of islands that lies anchored in any ocean".

The Hawaiian language consists of 12 letters. There is no word for "weather", in the language, for in Hawaii there is no weather.

The leading industries of the islands in order of rank are: sugar pineapple production, cattle raising, and coffee.

Hawaii was discovered by Capt Cook, of the British Navy in 1778. The land was uninhabited by beast of prey, snakes or monkeys, that we usually associate with the jungles.

isolated spot on earth; more than 1000 miles to the nearest island.

I'm not in the real estate business. I'm not trying to sell Hawaii to my former schoolmates I am only thrilled to the luxuriant vegetation, flowers, palms and green trees when I know it is dead Winter in Callahan Co.

When a soldier nears completion of his time in Hawaii, he immediately dons a Lei, (wreath of flowers), about his neck. This signifies to all that he is to sail on the next steamer to the Mainland.

Yours Truly MAYO C. FOWLER, Sgt. U. S. Air Corps.

Sgt. Fowler is the son of Mr and Mrs. W. C. Fowler, who formerly taught the Bayou School

ANNOUNCEMENT

All members of the Loyalty Sunday School Class please be sure to be present at Sunday School next Sunday, May 25, in the T-P Luncheon Room at 10:00 a. m.

The Loyalty S. S. Class is composed of adults and young people, and is inter-denominational. If you do not belong to any regular Sunday School Class we would welcome you either as a visitor or as a member of the class.

We have two new officers in the class, Mrs. Hamp Cowen has been elected Treasurer, and Mrs. L. B. Lewis Leader. Mrs. Clyde White is the regular teacher, and Mrs. Lonnie Ray assistant teacher.

HALF and HALF COTTONSEED One Year, Excellent turnout, \$1.00 per bushel. R. L. Hicks, Clyde, Rt. 1. 2 1-2 miles North of Clyde 24-3tp

It Pops Like Champagne!



REAL RADIO FEATURES

Listen to SOUTHERN SELECT THE STAR REPORTER. Latest News every night except Sunday at 10 P. M. WFAA-WBAP, 820 on your dial.

Sore Throat and Earache

H. D. Clubs In Area Meet

PERSONAL

Nephew of Mrs. C. W. Conner Dies

THE RECORD... Facts That Concern You

No. 29 of a Series



It's always the SORE thumb that sticks out...

Odd, isn't it—the way everybody notices the sore thumb?

It's the same way with the retailing of beer. Everybody knows about the one undesirable place...

To protect the good name of beer, we of the beer industry want the few... but noticeable... "black sheep" retailers eliminated.

That's not all. Such retailers endanger an industry that brings important economic benefits to the community. Right

here in Texas beer provides employment for 31,165 persons, supports an annual payroll of \$22,076,182 and contributed \$2,273,968.64 last year in state taxes.

This state, too, has an important stake in the beer industry's purchases—for materials, equipment, and services—from more than 100 other industries.

You can help us protect these benefits in two ways—by (1) patronizing only the law-abiding places where beer is sold and (2) by reporting any irregularities you may observe to the duly constituted authorities.

BEER...a beverage of moderation



DAVISS DROPS for soothing relief. They contain the dehydrating antiseptic Boglyform, developed especially for such cases by an ear and throat specialist for 14 railroads.

"ASK A USER CITY PHARMACY"

NOTICE OF INTENTION TO ISSUE REFUNDING BONDS

The State of Texas, County of Callahan Notice is hereby given that it is the intention of the Commissioner's Court of Callahan County, Texas, on the 10 day of June, 1941, to pass all necessary orders for the issuance of Callahan County Road and Bridge Refunding bonds in the maximum amount of \$10,250, bearing interest at the rate of not exceeding 5 percent per annum...

B. H. FREELAND County Judge, Callahan County, Texas

NOTICE

Bids on the sale of 3 Ford V-8 school buses and contract for transportation of school children in the Bayou school district of Callahan county for the scholastic year 1941-1942 will be let by the board of trustees of said district at a meeting to be held at the Bayou schoolhouse at 8:00 p. m. on Wednesday, the 11th day of June.

All parties interested in either the purchase of buses or contract for transportation, are invited to meet with the Bayou school board on the above date. Order of Bayou School Board GROVER GIBBS, President of Board

Miss Clara Brown, county home demonstration agent, and Miss Vada Cole, Rural F. S. A. Supervisor, met with the Oplin, Tecumseh, and Denton Home Demonstration Clubs in an Area Meeting, May 17, 1941 with the Denton Club hostess.

"Be conservative and make your own flour, meal, grits and cereals out of your own grains, advised Miss Clara Brown, as she gave a demonstration on Streamlining Food Preservation, showing many different kinds of whole grain products.

Miss Vada Cole Rural Farm Security Supervisor gave a demonstration on Storage of Fresh Vegetable, by making a small out door mound. Miss Cole said, "a week supply of vegetables can be stored in each mound, which will eliminate so much canning."

Those present were: Miss Clara Brown, Agent, Miss Vada Cole, Rural F arm Security Supervisor, one visitor, Mrs. Bailey Johnson, Clyde. Mmds. M. E. Johnson, E. H. Johnson, Joe Warren, C. M. Morse Mamie Johnson, John Roberson, Clyde Floyd, Annie Slough, D. E. Smith, W. E. Reed, Oplin, Tech cumseh, Mmds. B. E. Davis Q. M. Johnson, Phillip Preston, Allen Hodges, Saral Magill and Dolph Hodges, of Denton. Mmds Carleton Crawford Gordan Ford, Lloyd Jones, Osevar Shrun L. N. Taylor, Roy Gotcher, Harlon Davis, R. L. Britton Sr. J. E. Scott, Jr. H. W. Caldwell, Raymond Padon, E. J. Barton, Morrison Whitley, A. L. McIntosh, Troy Allen, E. Kendrick, Preston Ford, O. C. Jones, J. M. Smith, Willie Higgins Misses Irene Crawford, Anna M. McIntosh and Sue Allen.

FIRST BAPTIST CHURCH

Regular services at Baptist Church Sunday morning and night. Sunday School at 10 A. M. Preaching, 11 A. M. and 8 P. M. Training Union, 6:45 P.M. All welcome to any and all of these services.

Mrs. W. E. Paulson is recovering from an illness of ptomaine poison.

Mrs. R. L. Griggs, is quite sick, she is a patient in the hospital.

Mr. and Mrs. W. G. Black and little son of Clyde, were in Baird yesterday.

Mrs. Joe McGowen visited her daughter, Mrs. R. H. Collins and family in Dallas, the past week end.

Hoot McGowen, Mit Elliott and Russell Warren, of Camp Bowie visited home folks, over the week end.

Mrs. H. C. McGowen, Mrs. Claude Leon and little daughter Carol Sue, of Dallas visited relatives here the past week-end.

Rev. A. A. Davis, pastor of the First Baptist Church, has returned from Birmingham, Ala where he attended the annual Southern Baptist Convention. The next convention will be held in San Antonio.

J. R. Butler, has bought the James' Help-ur-Self laundry and is now operating the same. Mr. and Mrs. Butler are from San Angelo, but have been in Monroe La. for sometime. Mr. Butler is a former switchman with the Missouri Pacific.

Ray Black, of Fort Sam Houston, Truman and Truitt Black of Aeonatic school in Lincoln, Neb., spent the past week-end with home folks. The 'twins' have completed their course in training at Lincoln, Neb and were enroute to Randolph Field, near San Antonio.

Mr. and Mrs. W. E. Gillit, have moved from the farm south of Clyde to their new home recently purchased in Baird, from Mrs. Sallie Crawford, who in turn bought the Mat Hughes place occupied by the G. C. Avery family, who have moved to the Alexander residence in West Bird. Ttima

Mrs. John Surgart, of Eastland is visiting her sister, Mrs. J. E. Gilliland. She also visited her sister Mrs. John Heyser, at her ranch, south of Putnam. Mrs. Surgart who is the oldest sister of Mrs. Gilliland and Mrs. Heyser, is 88 years of age. This is her first visit here in some years.

Sam Boydston Stokes, grandson of Mr. and Mrs. W. D. Boydston, of Baird has been awarded a \$50.00 cash prize for a radio skit, College Humor, which he put on at Baylor University, Waco, where he is a freshman. Sam is the son of Mr. and Mrs. S. L. Stokes of Corpus Christi.

SENIOR CLASS RETURNS FROM TRIP

The Senior Class of Baird High School returned Wednesday from a three-day trip to Austin, San Antonio and other points of interest.

The students were accompanied by O. C. Yarbrough, Bill White, Roe Curtis and others.

NOTICE TO THE PUBLIC

The Loper and Butler Help-Ur-Self Laundries, announce the following prices: Quilts and Blankets 25 cents each. Pick-up and Delivery 5 cents each way.

NOTICE I. O. O. F. AND REBEKAHS

"Mister Dondge" will broadcast a salute to the Odd Fellows and Rebekash of Texas on May 30, 1941, at 8:30 P. M. from the Odd Fellows home in Corsicana, Texas.

Tune in on KRLD (1080 ky.) at 8:30 P. M. for the "Mister Dodge" broadcast. The Children of the Home will be on the program, and you will hear them in the broadcast.

FOR SALE—All kinds of USED TIRES. See L. R. Hughes at Baird Camp. 18-4t

Check your binders, mowers and rakes and let us know what repair parts you will need. B. L. BOYDSTUN

Funeral of John Franklin Epley, 60, pioneer rancher and public official of Martin county, who died Saturday in a Lubbock hospital was held at the Methodist church in Stanton Sunday afternoon. Burial was in the Stanton cemetery.

Mr. Epley is survived by his wife and a son, Filmore, his mother, four sisters, and two brothers. He was the eldest child of Mrs. J. H. Epley of Abilene, and the late J. H. Epley He had been ill a year of high blood pressure and other heart trouble. He had been confined to the hospital three weeks and seriously ill three days.

At his bedside at death were his wife and son; his mother his sisters, Mrs. W. Y. Houston of Stanton Mrs. L. E. Gowan of Abilene, Ruth Epley of Abilene and Mrs. Alma Stone of Lubbock his brothers J. Homer and W. G. Epley of Midland and members of their families.

John F. Epley moved to Stanton from Colorado City with his parents when a small boy and had resided there continuously. He was 60 years old April 13.

For 40 years he had been prominent as a rancher and leading citizen of the Stanton county. Respect with which he was held testified to by the fact the people of Martin county elected him to the office of district and county clerk continuously for 26 years. He was serving at his death. He operated an abstract business during those years, also.

Mr. Epley was converted and became a member of the church at the age of 17.

Mr. Epley was a nephew of Mrs. C. W. Conner of Baird. His father the late J. H. Epley was an early resident of Brown county living at Williams Ranch and well known to pioneers of both Brown and Callahan counties.

Dick O'Brien To Preach Sermon To Clyde Class

Commencement week will be observed by the Clyde school from May 25, to Friday night May 30. The Rev. Dick O'Brien of Stamford will preach the sermon for the 38 members of the senior class Sunday night.

The junior-senior program will be held Tuesday night, May 27 at 8 in the school auditorium and will be open to the public.

Grammar school graduation will be held at the school auditorium, Thursday night, May 29 The Rev Andrew Morris pastor of the local church of Christ, will be the principal speaker. Forty-one seventh graders are expected to receive diplomas.

Final examinations will be given Tuesday and Wednesday of the last week. The year's work will come to a close on Friday night May 30, when the seniors will receive their diplomas. The Rev Hayden Edwards of Fort Worth will give the commencement address.

Members of the senior class are: Lyna Bagwell, James Dockery, Jimmy Dugan, Willie Ferguson, Britton Fleming, Marshall Jolly, Rae Klepper, Rex Klepper John D. Martin, Robert Martin, Glendel Monroe, E. S. Nelson Jr Lloyd Newton, James Page, J. E. Ray r. Paul Rogers, Austin Shelton, Roy B. Stephens, Hugh Tarrant, Melton Tarrant, L. M. Tyler, Robert Young, Arthur Mackey, Marporie Bagwell, Joyce Burrow, Correne Graig, Bernice Griffin, Christine Harison, Bernice Marley, Ethelda Pierce, Tennie Belle Preston, Mary Frances Smith, Wilma Shelnuttt, Geneva Stallings, Vivian Tyler, Irma Dell Webb, Marty Webb, Juanita Pierce Curtis, Calvin Scott.

JUNIOR LEAGUE PROGRAM

May 25, 1941 Leader, Ruby Neli Loper. Talk, Rosi Lee Ryan. Prayer, John Frazier. Song, Norma West. Benediction, Madre Loper. Sponsors: Mrs. Sahby White and Miez Helen Willard. The League meets at 7 o'clock and all Juniors are urged to attend.

BEDROOMS: One upstairs, \$5 per month. One down stairs, \$2.50 per week. Mrs. W. E. Paulson.

FOR SALE—All kinds of USED TIRES. See L. R. Hughes at Baird Camp.

FOR RENT — Furnisher or unfurnished rooms. See Mrs. R. F. McQueen, first house west of Baird High School.

MALARIA IN 7 DAYS take 666

Check your farm machinery for necessary parts. B. L. BOYDSTUN

FOR SALE—Gas Heater, good as new, \$5.00 less than half original cost. See it at Sam Gilliland's. Mrs. W. O. Miller

NOW'S YOUR CHANCE FOR A

big deal

ON THIS YEAR'S BIG FORD!

ANYBODY WITH A CAR TO TRADE will find it smart to see how much his car is worth in trade on a Ford this year!

Its engine is the only Eight in its field. Its economy was proved again this year when it was first in its class for gas mileage in the official Gilmore-Grand Canyon Economy Run.

In size, the Ford is the biggest car in passenger room in its price field. In comfort, it offers a soft and quiet ride that's new this year right down to a rigid new frame and long, soft springs.

Your Ford Dealer's certainly the man to talk trade with now!

Its hydraulic brakes are bigger than any other car's near its price.

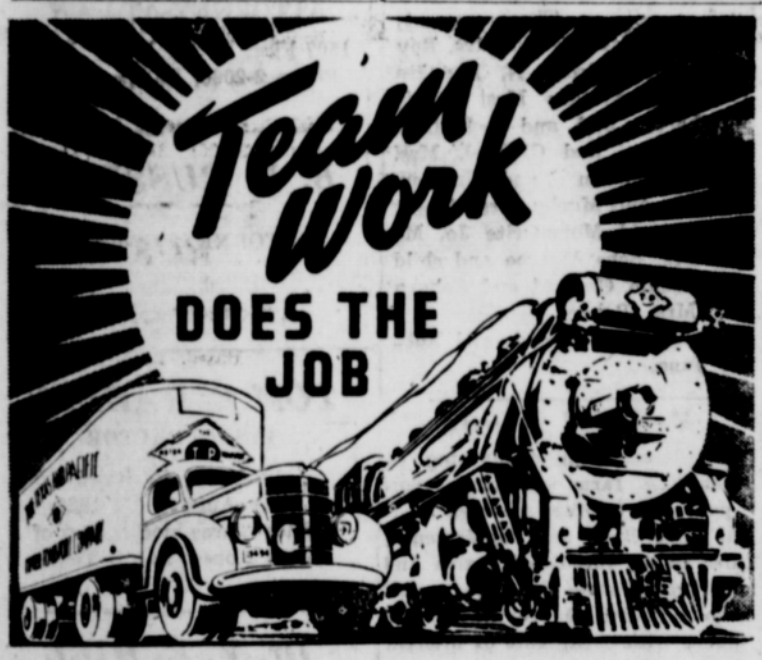
FORD GOOD DRIVERS LEAGUE. Boys and girls, here is your opportunity to win one of 98 University Scholarships for skillful driving. For details, write Ford Good Drivers League, Dearborn, Mich., or see your Ford Dealer.



GET THE FACTS AND YOU'LL GET A FORD

EARL JOHNSON MOTOR COMPANY

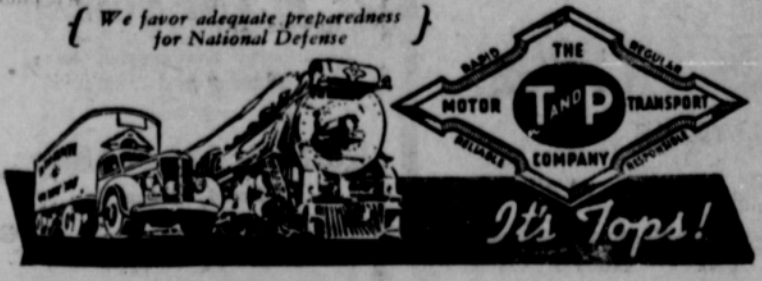
Sales Ford Service BAIRD PHONE, 218 TEXAS



A Coordinated TRAIN-TRUCK SERVICE with 7 Star Features:

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Less than Carload Shipments
Free Pick-up and Delivery
Frequent, Dependable Schedules
Express Service at Freight Rates
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MRS. STELLA GILLILAND, Manager L. B. LEWIS, Attorney, Associated

INSURE YOUR GRAIN - From - LOSS BY HAIL ASHLOCK INSURANCE AGENCY INSURANCE THAT PROTECTS YOUR EQUITY BAIRD, TEXAS PHONE, 56

SOMETHING TO REMEMBER

DELICIOUS FOOD, a genial, friendly service. Meet Your Friends here for breakfast, lunch or dinner. We specialize in fine Pan-Fried Steaks and Good Coffee.

QUALITY CAFE

Fred Estes, Manager.

For Memorial Day

A MONUMENT ENDURES

Only ageless stone serves as an enduring monument to the memory . . . of those who have gone on . . . Memorial Day is near . . . do you have someone to remember?

For years, Sam Dryden has had the reputation of being a monument maker on whom you can depend for proper memorials.

At your need, we shall be pleased to serve you.

Sam L. Dryden

782 Walnut Street ABILENE Phone 4176

When You Buy Magazines . . .

GET THE BEST

Your selection of 3 to 6 of the following magazines adding up to 12 points and a year's subscription to this newspaper.

ALL FOR \$4.00 You Save \$5.50 Value \$7.50

HERE'S OUR SIMPLE PLAN

- 1. Select the magazines desired from the following list. 2. Do not select more than a total of 12 points. 3. Add the points opposite each magazine selected. 4. In the blank spaces provided, copy the points for the magazines selected and add them.

Table with columns: Check New Ren., Magazines, Points, Points Selected. Lists various magazines like American Magazine, Redbook Magazine, etc.

Total Points in Your Selection. (This total must not exceed 12 points)

FILL OUT COUPON AND MAIL TODAY

Gentlemen: I'm enclosing \$4.00 for a year's subscription to your newspaper and the magazines I have checked on the above list. The total number of points is not more than 12.

NAME POSTOFFICE ST. OR R. F. D.

Home Demonstration Club News

CLARA BROWN, Agent

Choose Your Child's Diet

We see and hear each day news that is shocking, but when we hear or see statistics that show us that at least 42 per cent of our Americans or not physically strong enough not physically fit, we shrug and muse that figures are not very interesting.

Good health is better than Aladdin's lamp when it comes to make children's dreams for the future come true. For good health often is the key to good jobs, to success at those jobs, and to a through enjoyment of living.

Maylist was Child Health Day throughout the nation, by proclamation of the President of the United States. It was the official day for parents the country over to check up on the kind of a foundation they are building for the Health of tomorrow's citizens.

In his proclamation, the President asked especially that the people of every community to review the extent to which they are providing certain health need for children is nutritious food.

Good food is the basis for good health. It builds tissue, strong bones, and sound teeth. It helps to repair the body, keeps it in good running order, and gives energy for work and play.

But what is good for children? Rowena Carpenter, nutritious specialists of the U. S. Dept. of Agri.'s Bureau of Home Economics tells briefly in the following suggestions:

Getting the right food for children need not be a complicated matter, says Mrs. Carpenter, not if you keep in mind the important food groups and plan to include representatives from each of these groups in the meals every day.

The important foods for children are: Milk and milk products, vegetables and fruits, whole grain cereals and bread, eggs, lean meat, fish, or poultry, and cod-liver oil.

Mrs. Carpenter gives some tips on selecting economical food in each of these groups:

Milk

Every child needs from 3-4 to one quart per day. But this need not all be fresh whole milk. Some of it, especially that used in cooking, can be cheaper forms of milk, such as dry skim milk and evaporated milk.

Vegetables and Fruits

Try to get at least 4 servings per day. One should be rich in Vitamin C and one rich in A. There is a wide choice of the fruits vegetables that are rich in these two vitamins.

Eggs

If possible, a child should eat one every day. If not, try to

see that he gets at least 4 or 5 a week. Regardless of grade or color, eggs are a bargain in package of food value.

Lean Meat, Poultry or Fish

All lean meat have about the same food value whether the cut is tough or tender and no matter how cooked. Liver and kidneys are especially rich in iron and some vitamins, and pork is rich in B or thiamin.

Cod Liver Oil

Infants and young children need some kind of fish liver oil or direct sunshine the year round. They need the vitamin D they get from sunshine and the cod-liver oil to help strong teeth and bones.

The richest heritage any child can have is not dollars and cents but a good strong healthy body, to be physically fit, appetites must be trained while the child is young so as he will get the foods throughout life that will keep him strong in body.

Briefs

1. The strawberry preserve recipe last week should have read 1 qt. sugar, 1 1-2 qt strawberries. (I do not think it was a mistake of the printer but my own)

2. Mrs. C. B. Young of the Enterprise community tells me that she has a box rented in a Freezer Locker Plant and that they are well pleased with it.

4. Are you sure you can your tomatoes the best way to preserve the Vitamin C content? You should be, for vit. C is rich in tomatoes if canned properly.

5. Not any vegetables delicious enough that we can eat prepared the same way over and over, if and serving is used over and the same method of preparation over, the first thing we know our appetite gets tired of it.

6. Strawberries can be grown quite successfully in this county as some of the commercial growers have proven this berry can be grown in small pits to furnish your table with berries while in season.

County Agents Column

J. C. SHOCKNEY, Agent

The Need of More Eggs

Authorities of the Extension Service and Southern Marketing Association say that We are going to need about 10 per cent more eggs than we have produced in recent years.

The program is briefly as follows:

1. Increase egg production by better feeding. If the poultryman would feed a good protein feed or egg mash in addition to providing home-produced grains, he could increase production to a great extent.

2. Do not cull out any hens that have a possibility of producing a reasonable number of eggs during the next 3 or 4 months.

3. Fill poultry houses to capacity with pullets, but do not build new houses for expansion. Poultry houses should be improved and made to handle sufficiently the whole flock.

4. The government will maintain a fair average price on poultry from now until une, 1943. This price will vary of course with seasonal fluctuation in production. It is not a pegged price of 22c as was commonly believed.

Sod Disease

Many Poultry Raisers are having trouble with young chickens and turkeys by the feet being crippled and acting as if they were walking through fire.

This is called Sod Disease and the only treatment that can be followed is to move the chicks to newly plowed ground and to treat the feet or head parts with boric acid ointment or carbollated vaseline at least once a day until the condition is cleared up.

Nutrition Week, Now

Thousands of Texas farm families have discussed the nation's new food-and-feed-for-defense program during a series of county and community land use planning committee meetings during the last month.

Representatives of the A. and M. College Extension Service attended many of these meetings, carrying out an assignment given by the Texas State Land Use Planning Committee at a recent session.

Reports given recently to the extension food and feed committee, of which District Agent J. A. Scofield is chairman, indicated that:

Dallas County People are obtaining grist mills and sorghum mills for many rural communities so that families can have more homeground whole grain

cereals and more home-made syrup.

Farm families around Amherst are considering possibility of group medical service to protect the health of their communities.

For one week a daily radio program in Wichita Falls is being devoted to encouraging families in the raising of more food and feed.

4-H teams in some counties will be trained to give demonstrations, on the grinding and uses of whole wheat.

One county unit of home economists in Extension Service District 5 is compiling and releasing recipes on the use of whole grain cereals.

An appetizing meal, costing only about 15 cents but containing the elements of a safe diet, was recently served to Coleman County civic leaders by the food and feed committee and the county land use planning committee.

One West Texas school which has fostered a hot lunch program for the past four years has reported that only four of 735 children in the school were found to have had teeth in a recent dental checkup.

Oplin Briefs

Mrs. Howard Chatham, the former Betty Jane Evans, was honored with a gift party at the school house recently, with Mrs. Walter Preston as hostess.

Lucile Monroe, of Abilene was at home the past week-end. Adeal Turner, of Camp Bowie is at home for a few days.

H. F. Wilson from Veteran's Hospital Legion, is visiting Mr. and Mrs. Jim Roberson.

Tommy Morse, Lloyd McWhorter, were all home for the week-end.

Mr. and Mrs. Jerry Roberson, of San Angelo, visited their parents, Mr. and Mrs. John Roberson of Oplin and Mr. and Mrs. A. R. Wade, of Lawn the past week-end.

Will Johnson has returned from Marlin, where he has been for treatment and is feeling much better.

The graduation exercises of the Oplin school will be held May 27th at the school auditorium.

O. C. Macon, supt of the Oplin school took the high school boys on a fishing trip the past week end.

Mrs. Will McKinley was honored with a Mothers Day dinner by her children. Those present:

Mrs. Joe Monroe and Mrs. Roy Hodge of Melrose N. M.; Mrs. McKinley, N. M.; Mrs. Bessie McWhorter and children, Georgie Lee and Charnel, Mrs. Walter Johnson and children, Charlene and Murie; Mrs. Albert Betcher and Marguerite Jo. Mr and Mrs. Sebe Monroe and children, Lucille Clifford and Seburn Jr.; Mrs. Robert Penticost and children, Melvin Ferris and Robbie June.

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