















## Begin Now To Build THE CHRISTMAS SPIRIT

In Your Cows, Hogs, and Other Livestock and Poultry so They will be in *The "GIVING" Humor*

By Feeding Them a Liberal Allowance of

### VIT-A-WAY

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Santa Fe Grain Co.

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Of the Home by Using PATENT WEATHER STRIPS Around Windows and Doors

Everything for the Builder

Rockwell Bros. & Co.

Lumbermen

O. F. Lange - Manager

#### HAD SERIOUS MISHAP

Mrs. J. C. Wilkison met with what might easily have been a very serious mishap, at her home Monday, when she stepped into an open cellar door by the porch at her home.

Mrs. Wilkison was busily engaged in hanging the family wash to dry, the clothes line passing near the cellar door, which chanced to be open at that time, and before she realized that she was so near the

door she stepped into it, falling and alighting about half-way down the cellar stairway.

Fortunately, however, she escaped with a few painful scratches and bruises and is able to continue about her work.

H. B. Dorsey, proprietor of the local bowling alley, has had his name added to the Star's subscription list this week.

#### Health Notes

AUSTIN.—One of the most potentially useful gadgets in the home during the winter months is the thermometer. Unfortunately, its possibilities as a health guardian are seldom realized by the general public," Dr. Geo. W. Cox, State Health Officer, declares.

In homes where the thermometer is used intelligently it becomes a valuable defense mechanism. As a preventer of colds and more serious respiratory diseases that have their origin directly and indirectly in overheated rooms, it can and does render valiant service.

A maintained superheated atmosphere causes one to perspire, however imperceptible the process may be. When suddenly exposed to icy blasts the body in that condition is more vulnerable to attack from respiratory infective agents than normally. Moreover, the body softening consequences that arise from constantly living in unduly warm living quarters in themselves are devitalizing.

On the negative side of the question, the sense of comfort associated with excess heat is an invitation to underactivity, which frequently is unwisely accepted. Thus, instead of taking a normal amount of exercise in the open during the winter months, fondness for the indoors becomes acute and "hugging the fire" routine. In this manner, the actual life- and zest-building possibilities that go hand in hand with cold weather are shunned, and positive health is less positive than it logically could be.

It is not recommended, of course, that one should adopt a Spartan attitude toward winter. It is merely suggested that exercise in the open in winter be a pleasant medium to which tone is added to one's physical condition. This objective is definitely minimized if the overstuffed chair and overheated living room are chosen as substitutes.

Both from the disease-preventive and health-developing standpoints, the thermometer should be kept within the safety limits of sixty to seventy-two degrees. Were this rule generally observed, and exercise in the outdoors regularly taken, it is entirely possible that many persons who contract cold and more serious respiratory conditions during the winter season could sidestep them, and in addition feel healthier.

#### VISITED THE STAR

Ashford Hill, one of the Star man's highly esteemed friends, who lives about four miles southeast of town, paid the Star office a highly appreciated visit, while in town Saturday afternoon.

Among other things, Ashford stated that the ice storm of two weeks ago had placed an abundance of season in the ground in his locality. Before departing he made the necessary arrangements for the Star to visit his home each week during the coming week.

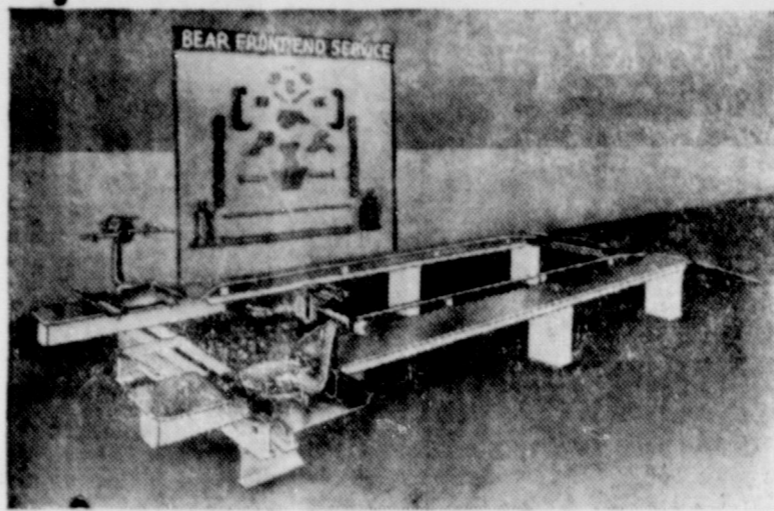
#### A. A. A. NEWS

On December 7, cotton farmers of the nation will be called upon to vote to determine whether they want cotton marketing quotas to be in effect for 1941, as they have been for 1938, 1939, and 1940. It is very important that all cotton farmers vote in this referendum, and it is also very important that all cotton farmers study the situation carefully before voting in order that they may understand the exact results of marketing cotton either with or without cotton marketing quotas.

Primarily, cotton marketing quotas are designed for the protection of the cotton farmers who do not overplant the cotton acreage allotment. These farmers who plant within their allotment are paid to comply with the cotton program, and help reduce the present cotton surplus. With our cotton marketing quotas other cotton farmers will not comply with the cotton program and will overplant their cotton acreage allotments in order to take advantage of the increase in price which might be caused by the reduction of others. It may be plainly seen that this would defeat the entire efforts of the large number of farmers who have tried to correct the poor position of cotton on the market.

The present surplus of American cotton is well over 25,000,000 bales. World consumption of American cotton is approximately 13,000,000 bales. Therefore, it may be readily seen that without a control program the present surplus of cotton would become even more serious.

All cotton farmers should study the situation carefully and vote in the referendum on December 7. By Garlon A. Harper, Secretary, Parmer County A. C. A.



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