











### Eat Slow For Your Health Sake

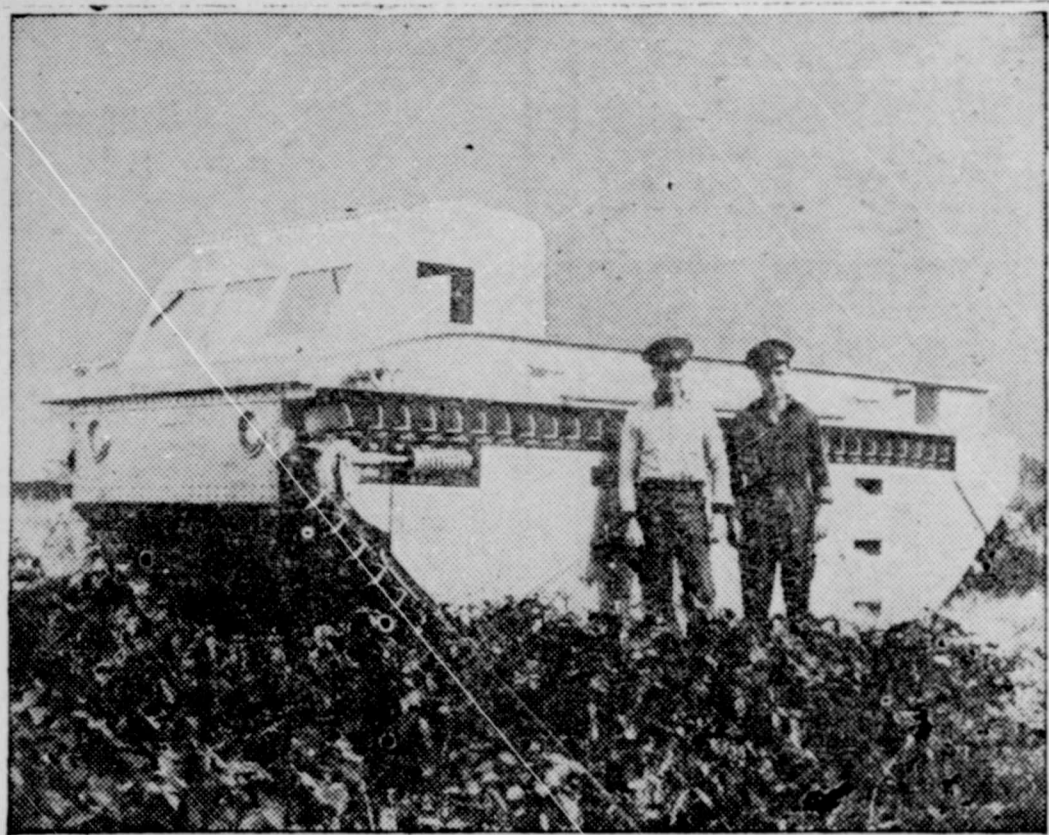
For the last twenty years or more speed has been one of the dominant factors in American life. Today, because of tremendous defense needs, assembly-line technique, whenever possible, has been injected into all activities connected with the emergency. Thus, more than ever, speed is



### If It Was Really Child's Play

We wouldn't have to be in the business, if laundry work was fun! But it's drudgery for the housewife—so we're here to do the washing and ironing for you at economy prices. Phone 104 to start employing our service this week.

**Brownfield Steam Laundry**



United States Marines use amphibian tanks for landing operations. Called "alligators," these floating armored tanks carry 30 men, travel 23 miles an hour on land and 10 miles an hour in water.

being emphasized in the nation's life. Plainly, the needs of conserving health and strength in the face of present demands is greater than ever before. It follows that 'to make haste slowly' in the art of living, at this time not only basic good sense but patriotic also. It does not help vitality or health to apply a sixty mile an hour pace to unessentials. Nevertheless, evidences of this type of existence are quite apparent. One of the numerous proofs of this fact is the habit many persons have of more or less bolting their food," states Doctor Geo. W. Cox, State Health Officer.

This hasty-lunch psychology is rather general. The speedily-swallowed breakfast is followed by the equally speedy lunch. For many, this momentum carries through the evening meal so that it also is disposed of in record time. It is little wonder, then, that often solid food often is insufficiently masticated, that self-prescribed pills for a variety of gastronomical discomforts are popular, and that in extreme cases definite illness develops.

Of course time and custom have

changed many things, including eating habits. But the point is that nature does not change; while marvelously elastic, she still has her limits as well as punishments for those who persistently disobey. Consequently, the wise person if now a speed eater, will realize that to take a few minutes more time per meal and to chew food thoroughly that needs chewing are just as essential as are the quality and type of food consumed.

Bad as speedy eating may be in the case of adults, grown-ups only have themselves or the trend of the times to blame. However, the proposition is different when children are concerned. Youngsters are prone to swallow hastily anything. Chewing to them is a secondary process, and therefore must be definitely encouraged. When the time has arrived for the use of hard food (and that time is at the beginning of the teething period) the baby should be given dry toast, sweet-back, or a bread crust. The masticating function must be encouraged daily, if sound teeth and sturdy supporting tissue are to be formed. Moreover, emphasis on adequate mastication should be maintained throughout childhood for proper growth and general health.

In short, everyone should realize that whether with respect to the young or adult, speedy eating with its inevitable accompaniment of insufficient mastication is a practice which can give rise to conditions that in varying degrees deprive one of maximum health, and sometimes is directly responsible for even greater penalties. The practice, therefore, should be discontinued, concludes Doctor Cox.

Despite wartime reductions in shipping space, importation into the United States of purebred animals for breeding purposes increased 4,175 during the fiscal year ending June 30, 1941, as compared with the previous 12 months.

Pillow cases do not wear out so fast when they are two inches wider and ten inches longer than the pillows.

For Job Printing Try The Herald

### Tailored "Cords"



Among the smartest of the new back to school cottons, is this two-piece cotton corduroy ensemble. The tailored jacket and skirt with front kick-pleat are good for classroom and campus wear. A white tailored cotton shirt is worn under the jacket.

### Appropriate Meals For Students Essential

Austin, Texas, Oct. 13—Now that schools are underway and the daily routine is well established, the question of school lunches that will be adequate and attractive and will help to keep the growing boy or girl up to the mark mentally and physically, is of special importance. But the child's growth and development are helped or hindered by various other things in a child's daily program.

Here are some of them as outlined by Dr. Geo. W. Cox, State Health Officer:

The average school child needs from 10-12 hours of sleep each night. A tired child is a nervous irritable child who finds it hard to concentrate. Does your child have a bedtime that is early enough to insure an adequate amount of sleep?

Teachers complain that many of the children find it necessary to eat part of their lunch in the your child have an evening meal middle of the morning. A hungry child does not make a good student. Does your child have an adequate breakfast before he leaves for school?

A hot food in the middle of the day prevents fatigue and stimulates the appetite. If there are no provisions for hot food at school, the teacher should place a jar of food brought by the child in a pan of water to be heated and served at lunch time. Does your child have an adequate lunch, one which includes a hot dish?

A well nourished body must have certain necessary foods every day, such as milk, fruits, vegetables, whole grains, meat and eggs, and cod liver oil. Does which supplements the other meals of the day and provides the balance of the food needed during the day?

### MANS RETURNS \$595 TO SANTA FE RAILROAD

Galveston, Tex. Oct. 17—Somewhere in this land of ours lives another honest man and the Santa Fe Railway is \$595 richer for it. This sum, enclosed in a letter, was received at the railroad's offices here today by Treasurer W. D. Sawyer. An unsigned note read:

"Enclosed find \$595 for which I was not due. It was received years ago. As my life has changed I want to clear all things up". Postmarked Fort Worth, Texas, the letter is puzzling local Santa Fe officials. "We often receive sums of money through the mail from persons who wish to make restitution," Sawyer said, "but in nearly fifty years with the railroad this is the largest amount I have ever received."

The money consisting of four 100 dollar bills, three fifties, a

### Defense Garb



With more and more women called into defense industries, the U. S. Bureau of Home Economics has designed a group of work garments allowing maximum comfort and freedom of action. The legs of the cotton denim slacks above are shaped in and closed with slide fasteners. The shirt is worn outside for coolness. When not needed for protection, the lower part of the sleeves may be taken off instead of rolled up.

# Ladies Get This

## \$1.00 VALUE SHARP KNIFE

# for only 25¢

AND THE FREE BLUE COUPON INSIDE EVERY PACKAGE OF ADMIRATION COFFEE

Get this amazing bargain TODAY!... A heavy-duty, high quality steel knife, 12 inches long, that comes to you with razor-keen edge and stays sharp. The Non-slip, Pistol Grip handle offers a firm grasp for hands wet with water or grease—a valuable safety feature.

You'll love the beauty of its mirror polished blade, and it has a lifetime guarantee not to stain. Never again do we expect to be able to offer such an amazing bargain as this genuine Cattaraugus Knife, worth \$1 or more, for only 25c and the FREE blue coupon from inside each package of Admission Coffee. Act today! Send coupon and 25c in coin to Admission Coffee, Little Valley, N. Y.

★ PISTOL GRIP NON-SLIP  
★ RAZOR-KEEN EDGE STAYS SHARP  
★ 12 Inches Long  
★ Mirror Finish Won't Stain  
★ Lifetime Guarantee  
★ USE COUPON Inside the Package Limited Offer

# Admission Coffee

HAPPINESS IN EVERY CUP

BE SURE AND BUY—

## PHILLIPS "66" BUTANE

### The Plains Liquified Gas Co.

Office Across Street from Post Office

R. O. BLACK, Secretary      R. J. PURTELL, Mgr.

If You Love Good Home Cooking, delicious aroma and pleasing atmosphere, you will love it here in our beautiful, modern Cafe.

BANQUETS AND PARTIES  
See Us For Reservations For Your Next Social Affair—Charges Reasonable

## HANCOCK CAFE

AIR CONDITIONED      HIGHWAY 51

# "The Texan"

HAS BEEN SOLD AND OCCUPIED  
WE  
ARE NOW FEATURING SOME NEW  
PLANS FROM

## CERTIFIED HOMES BUREAU

CALL AND LET US FILE YOUR APPLICATION  
WITH F. H. A. NO BETTER LOANS CAN BE HAD  
THAN WE GET

## CICERO SMITH LUMBER COMPANY

The average American will consume 8,000 pounds of meat during a reasonable life expectancy. Assuming that appetites also are the average, this poundage will include six steers, five sheep, three calves and 39 hogs.

For  
**BOOKKEEPING — ACCOUNTING — AUDITING**  
Phone 17-M  
We Write All Forms of Insurance and Bonds  
**McKinney's Service Insurance Agency**

## BE SECURE -- INSURE

with  
**E. G. AKERS**  
INSURANCE — BONDS — ABSTRACTS  
Phone 129 — — — — — Brownfield, Texas

## CHANGE for cold weather

Get  
**Winter-Weight Mobiloil**

Due to priorities on new cars, no one knows how long he'll have to drive his present car. This year everyone should give his car the best of care. You can add miles of life to your motor with correct lubrication. Don't take chances... change NOW to winter-weight Mobiloil.

**TOM MAY** Your Magnolia Agent and  
Magnolia Dealers in Brownfield

Your Friendly Magnolia Dealer







### Abilene Couple Give \$72,250 To McMurray Behind The Scenes In American Business



MRS. S. M. JAY



S. M. JAY

Abilene, Texas, Oct. 23—McMurray College will collect \$72,250 from oil production over a period of several years through a gift from Mr. and Mrs. S. M. Jay of Abilene, patrons of the Methodist school since its founding.

The donation represents payments in oil due from the sale of leases in Coleman county by Jay to States Oil Corporation, on three producing wells.

Mr. Jay, co-owner of a local (Coca Cola) bottling plant, is chairman of the McMurray board of trustees. He is in his second

tenure of that position, having served in the same capacity during the mid-thirties.

Dr. Frank L. Turner, McMurray's president, announced that the gift would be administered for the benefit of the college by the board of trustees under the direction of Mr. and Mrs. Jay.

Dr. Turner said the Abilene couple has been among McMurray's more liberal benefactors since the institution was established.

It is our belief, he said, that this is the beginning of a series of large gifts from friends of the college.

### Behind The Scenes In American Business

By John Craddock

New York—Holiday Hopes - The nation's large storekeepers, undismayed by signs of stiffening sales resistance, are still figuring on the biggest Christmas trade in history. Shelves are overflowing and stocks are the largest ever. In many cases big stores acquired special warehouses early in the year to hold overflow supplies. So they're ready for any conceivable demand in the gift lines. Store inventories in various cities are bigger from 23 to 53 per cent than last year. Merchants anticipate no backtracking from the trend to more sales in "luxury lines", and to demand for staples in higher price brackets, generally WASHINGTON — The "spread the work" drive of OPM is being not only intensified, but also dramatized. Three special red, white and blue trains will pull out of here Nov. 10, carrying defense officials on a three-way 30-day tour of the country. Object is to let Army, Navy, Maritime Commission and OPM officials interview defense eager manufacturers at principal cities along the route get together on subcontracting and conversion possibilities. Another phase of the same drive is seen in the awarding of a \$12,000,000 contract, for 50-calibre anti-aircraft gun mounts, to three companies in the household washer and ironer industry, in which, all told 34 companies have been certified for special consideration because defense has stalled their peacetime activities.

**AUTO PLAN** — The problem of how to adjust matters between the demands of armaments and the auto industry so as to take care of defense needs without cutting car output to an uneconomical low level has been a major one for months. Now SPAB has set a 14-point plan, presented by Joseph W. Frazer, president of Willys-Overland and member of the OPM automobile advisory committee, that would release 454,808,270 lbs. of raw materials for defense and at the same time keep civilian transportation wheels rolling.

Basic feature of the plan: production of only the lightest-weight car or series now being built by each parent manufacturer.

**BITS O BUSINESS** — Furniture

### Furrows Bring Back Grass



B. A. Keathley, Glasscock County ranchman, right, tells Howard Kingsbery, ranchman-member of the State AAA Committee, that contour furrowing done under the AAA's range conservation program has put more grass on his ranch than he ever had before.

business is going strong—for the first eight months of the year 22 per cent ahead of 1940 pace, and with the final quarter expected to be even bigger. Military tanks, an industry that wasn't even in existence 18 months ago in this country, by the middle of 1942 will be a billion dollar industry . . . it's now producing at the rate of \$25,000,000 worth a month, and is scheduled to double that by this year's end, double it again the first half of '42.

### LUBBOCK ATTORNEY TO SPEAK AT CHRISTIAN CHURCH SUNDAY

Mr. Grady West, Lubbock Attorney and Christian layman, has been asked to speak at the Christian church in Brownfield next Sunday morning at 11:00 o'clock, in the absence of the pastor. Mr. West spoke here last month and was well liked. He is interesting and sincere and has a message that every man will enjoy.

Stoves are being installed in the church, and the church board promises that the building will be warm next Sunday. Mrs. Jack Hamilton will open the Sunday School with a worship service and Mrs. Arthur Sawyer will teach the adult class. Children's classes will meet in the basement.

Come, study and worship with us. In these days we need the strength and courage only God can give.

### Wants Her Son's Name On Honor Roll

Had a card from a good mother up at Sudan last week stating that she wanted to get her son's name on the Honor roll of those in the service from Terry County. Due to the fact that the son, Raymond C. DuBose as well as the family spent a number of years in Terry county before moving to Lamb county, she, Mrs. DuBose feels that her son is a Terry county product as he went from here.

We are more than glad to comply with the request, and his name will appear the next time the Honor Roll is printed, which is about once each month. In the meantime, those who are joining the navy, Marine corps, or any of the air corps, will do us a favor to report the names, as they are harder to get than those inducted through the local board.

Raymond went from Brownfield to Fort Bliss May 22, and was sent from there to Camp Grant, Ill. being later transferred from there to the Medical Corps, at Camp Murray, Wash.

Mrs. E. E. Williams and daughter Timmie Lou are visiting her parents in Stratford, Texas this week.

May Stewart, this city, is one of the new readers.

### Brownfield Chapter Initiates Wellman F. F. A. Boys

On Monday night Oct. 20, the Wellman boys taking vocational agriculture were initiated into the Future Farmers of America chapter by the members of the Brownfield chapter.

The boys initiated and who received their first degree were as follows: Alton Bradshaw, Doyle Crowder, Nuel Hollman, Walter Hudson, M. T. Lindley, Billie Jack Little, John Matthews, Lee Roy McDonald, Ralph Nichols, Eugene Riney, Cecil Thomason, J. D. Webb, Jimmie Welcher, F. T. Grayson, J. O. Wimberly, Loran Covington, James Bevers, Junior Brisco, Carlos Gross, Marvin Duncan, Valden Durrett, Dan Gray, Erlan Gresham, Travis Laduke, Henry Lindley, J. J. McDonald, Earl Newcome, Ole C. Woodard.

The following officers were elected at a recent meeting of the chapter: President Valden Durrett; Vice-President, Deward Lambeth; Secretary, Ole C. Woodard; Treasurer, Erlan Gresham; Reporter, J. D. Webb; Historian, John Mathews; Parliamentarian, Earl Newcome; Watch Dog, Junior Briscoe.

Deward Lambeth and Carrol Hulse, members of the Chapter were delegates to the National FFA Convention which met at Kansas City, Oct. 20-23. The boys returned last Friday, reporting a good convention and an enjoyable trip.

### SANTA FE CARLOADINGS

The Santa Fe System carloadings for the week ending Oct. 25, 1941, were 23,702 compared with 23,914 for the same week in 1940. Received from connections were 9,385 compared with 7,871 for the same week in 1940. The total cars moved were 33,087 compared with 31,785 for the same week in 1940. The Santa Fe handled a total of 34,596 cars during the preceding week of this year.

### BIRTH NOTES

To Mr. and Mrs. E. Ellison, Ropesville, Texas, a baby boy, born Oct. 29. Weight, 8 lbs., 12 oz.

To Mr. and Mrs. B. E. Ellison, Abernathy, Texas, a baby girl, born Oct. 28. Weight, 6 1-2 lbs.

### FUTURE HOMEMAKERS' CLUB GIVES SOCIAL

The Future Homemaker's Club entertained the FFA boys, Tuesday night, October 28, with a Halloween social.

There were about one-hundred guests present and a prize was awarded to the person with the best Halloween costume. Dean Alexander received the prize.

Games were played, and prizes were given to the winners. Everyone enjoyed themselves very much.

The sponsors were Mrs. Gore and Mr. Neely, the Home Economics and Agriculture teachers.

The Future Homemakers Club will meet again in the near future.

Some of our boys that are in training were home for the week Pate Collier, Bill Broun, Ross Broun, and Mac Pickett. They are all at Fort Clark.



Lloyd Nolan tries to explain to a doubting Mary Beth Hughes why she will have to wait awhile longer for their wedding in 20th Century Fox's comedy mystery, "Dressed To Kill", now at the Rialto Theatre.

### Aggravating Gas

When stomach gas seems to smother you, and you can hardly take a deep breath, try ADLERIKA. FIVE carminatives to warm and soothe the stomach and expel gas, and THREE laxatives for gentle, quick bowel action. At your Drug Store.

**ADLERIKA**  
Nelson-Primm Drug Co., and Palace Drug Store.

## NOTICE TO ALL FARMERS

### WHY NOT SAVE THIS FEED CROP

I have several 1941 model Allis Chalmers All Crop Combines, slightly used, price ranges from \$550 to \$600. Also several later model combines at real bargains. Located at Travis Martin Implement Co. Seymour, Texas.

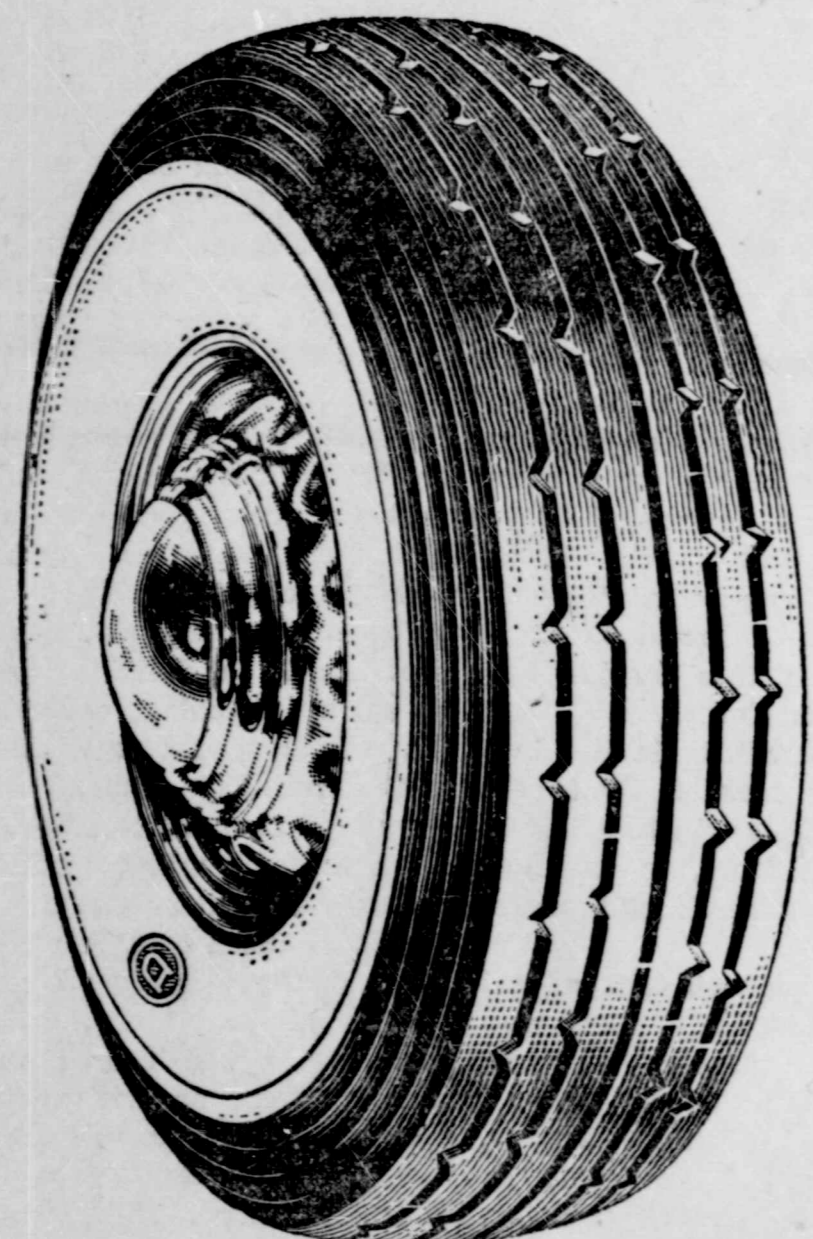
Authorized Allis Chalmers Dealer  
Res. Tele. No. 282 R Office No. 85 J

# DON'T WAIT!

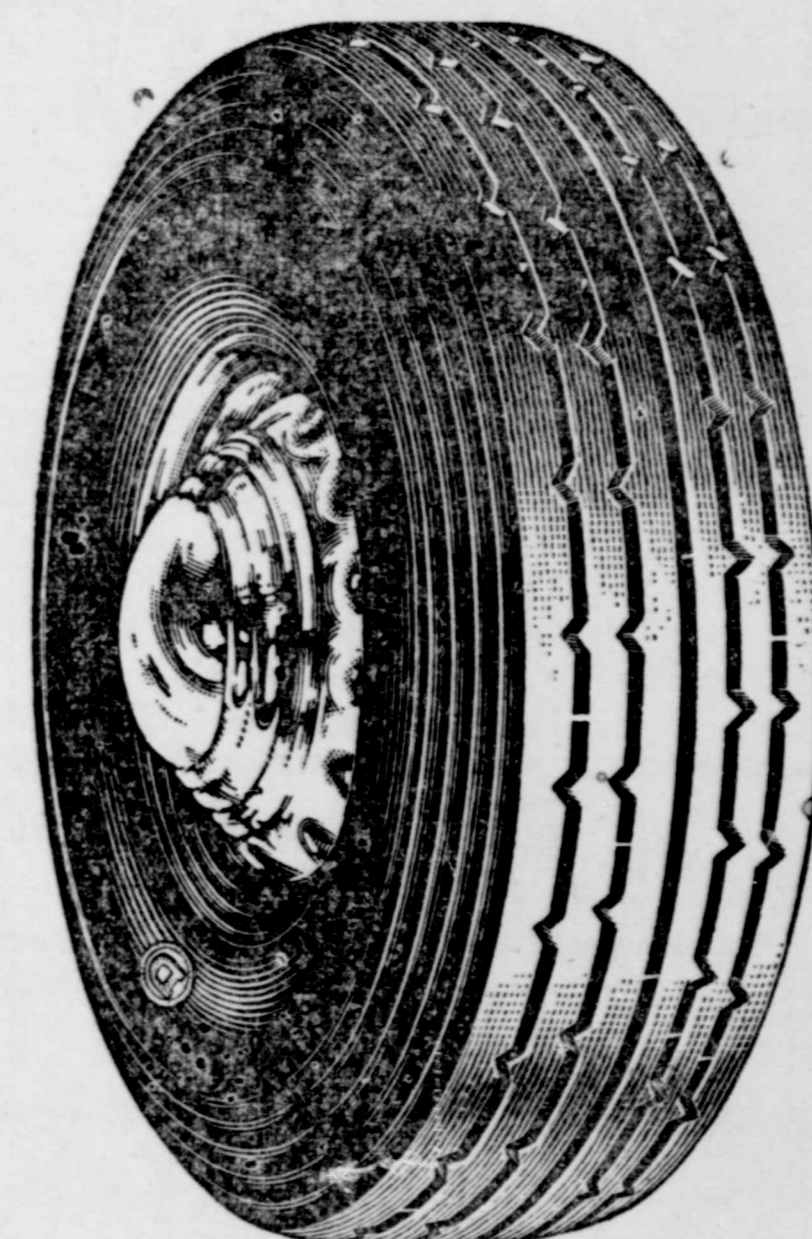
## NOW IS THE TIME TO BUY THOSE NEW TIRES.....

### 30 to 60 PERCENT

#### TRADE IN ALLOWANCE ON YOUR OLD TIRES ON



Dayton White Sidewall Tire



Dayton Thorobred



### EASY TERMS -- NO CARRYING CHARGES

Dayton Autocrat Tires Guaranteed 24 Months Against All Road Hazards Plus Lifetime Guarantee Against Defective Workmanship And Materials.

See us for your trailer axles and wheels. We also offer you a large selection of used tires to choose from.

# SNAPPY SERVICE STATION

Jack Hamilton and Homer Winston, Owners

# PIGGLY WIGGLY SUPER MARKET

<b>LETTUCE</b> CALIFORNIA ICEBERG Large Heads	<b>3 1/2c</b>
<b>YAMS</b> No. 1 Maryland Sweets 10 lbs.	<b>19c</b>
<b>TOMATOES</b> FANCY QUALITY 3 lbs.	<b>25c</b>
<b>GRAPES</b> Flame Tokay 2 lbs	<b>15c</b>
<b>LEMONS</b> Large Size doz.	<b>12c</b>
<b>ONIONS</b> Yellow Gobe lb.	<b>2 1/2c</b>
<b>SUGAR</b> Imperial Pure Cane Cloth Bag, 10 lb.	<b>59c</b>
<b>Post Toasties</b> 2 pkgs.	<b>15c</b>
<b>Butter</b> CRESTA Quarters, pound	<b>35c</b>
<b>PURE LARD</b> -Swift's Silver Leaf, 8 lb. carton	<b>\$1.10</b>
<b>Knox Jell</b> , all flavors, pkg.	<b>5c</b>
<b>Pork &amp; Beans</b> Marshall 2 cans	<b>13c</b>
<b>Grape Juice</b> -Mayfair, qt.	<b>23c</b>
<b>Hominy</b> Marshall No. 2 1/2 can	<b>8c</b>
<b>Heinz Catsup</b> -lg.	<b>19c</b>
<b>Spaghetti</b> And Cheese Marshall, tall	<b>10c</b>
<b>MACARONI, SPAGHETTI, VERMICELLI</b> -Roundup, 2 pkg.	<b>5c</b>
<b>RED HEART DOG FOOD</b> -3 cans	<b>25c</b>
<b>P&amp;G AND G SOAP</b> WHITE NAPHTHA cake	<b>3 1/2c</b>
<b>POND'S TISSUES</b> 500 count pkg.	<b>19c</b>
<b>Cutrite Wax Paper</b> - 2 pkgs.	<b>15c</b>
<b>NAPKINS</b> -80 count, 2 pkgs.	<b>15c</b>
<b>PUREX</b> -Gentle Bleach and cleanser, quart	<b>12 1/2c</b>
<b>CANDY, GUM, CRACKER JACKS</b> -3 for	<b>10c</b>
<b>Tomatoes</b> Standard Pack No. 2, 2 cans	<b>15c</b>
<b>CRACKERS</b> SALTED 2 lb. box	<b>15c</b>
<b>MEAL</b> -Everlite Cream, 10 lbs.	<b>27c</b>
<b>RAISIN BRAN</b> -Skinners, pkg.	<b>11c</b>
<b>OLEO</b> Rio Quality lb.	<b>12 1/2c</b>
<b>VANILLA</b> Worth 8 oz bottle	<b>9c</b>
<b>LIFEBUOY SOAP</b> 3 cakes	<b>15c</b>
<b>BOLOGNA</b> FRESH STOCK Lb.	<b>12 1/2c</b>
<b>DRY SALT BACON</b> No. 1 Quality Lb.	<b>15c</b>
<b>SLICED BACON</b> Wilson's Lakeview lb.	<b>25c</b>
<b>CHEESE</b> Kraft's Elkhorn lb.	<b>29c</b>
<b>SAUSAGE</b> Pure Pork, lb.	<b>22c</b>
<b>Cured Hams</b> Tender Cured Half or Whole lb.	<b>25c</b>
<b>FLEISCHMAN'S YEAST</b> -2 Cakes	<b>5c</b>
<b>Fresh Oysters</b> pint	<b>29c</b>

**Brownfield FRIDAY SATURDAY Texas**

## My Week by Eleanor Roosevelt

### UNITED WOMEN

One night, Mayor LaGuardia flew down to Washington, had dinner with us, and spoke before a meeting of the United Women's Organizations in the District of Columbia. This group of women's organizations is composed today of 57 women's groups, ranging from labor groups to political organizations.

They started with a meeting of 12 and stated that they would come together in a united organization to work for civilian defense. I think this is a fine achievement and hope there will be co-ordination and unity all over the country at this time in the interests of greater efficiency in community defense work.

The next morning, Mrs. Kermit Roosevelt arrived in time to have breakfast with me at eight o'clock on the south portico. Then I met my daughter and son-in-law on their arrival from Seattle, Wash. It gives a lift to my spirits just to see these two young people, even though I am so busy that I think most of our talking will be done in the middle of the night!

At 10 o'clock, I was at the Office of Civilian Defense, and returned before lunch in time for two appointments at the White House. Then, three representatives of the American Women's Volunteer and some of our Civilian Defense Office staff, came to lunch. We talked over the co-operation between the American Women's Volunteer association workers already in the field, and the Civilian Defense people, working through our voluntary information and placement bureaus.

I hope this will develop in every part of the country and am anxious that we should use all the work that has been done. We must keep in mind the objectives before all of us, which are to do good work to meet emergency situations and to improve the communities in which we live.

### PLANNING AHEAD

One afternoon I again had the pleasure of meeting with the regional directors of the social security board. This time I heard them discuss some of the problems which are facing them, not only today, but in the future. Very wisely, they are thinking not only of such things as they may have to meet now, but of what may come when the present emergency is at an end and another period of readjustment is before us.

It is a great satisfaction to me to find so many groups looking forward and planning ahead, so that we shall not be caught unawares. I find this one of the most encouraging signs, for it shows that some of us, at least, are able to profit by experiences in the past.

### POSTCARD REQUESTS

I have received several post cards which interested me very much. Suddenly people seem to have the urge to put their innermost secrets on post cards! One person asks me kindly to arrest three other people, asserting that they are guilty of slander. It never seems to occur to the gentleman that the power of arrest lies in the hands of certain special individuals, authorized by the government, and if I started usurping their rights, they might be somewhat indignant.

I also have a post card which directs that I shall bring certain practices of a local draft board to the attention of the President, and to no one else. The writers are apparently not at all interested in asking the proper people at the head of the draft service in their difficulties. In fact, they tell me, that if the President, himself, can not take a hand in this matter, under no circumstances am I to give the post card to anyone else!

However, these two cards show a confidence in the fact that the White House will take an interest in private matters which are brought to its attention. I think this is very flattering and am very grateful to both of these writers, though I am afraid I can not do anything about either request which meets their desires.

### FREEDOM'S PEOPLE

On another night, Dr. John Studebaker and Dr. Ambrose Caliver, and several of their assistants, brought over the transcription of their radio program, "Freedom's People." The secretary of the treasury and Mrs. Morgenthau, and Lord and Lady Mountbatten were with us. We all sat and listened with great pleasure to this program, which will be followed by others, all of which I hope will be equally interesting and well carried out.

These programs should bring before the whole people, the contribution of the Negro race to the nation.

After we listened to this program, Lord Mountbatten brought in the records of two songs by Noel Coward, which have been a great success in London lately. One is called "London Pride," and is charming. The other has to be approached with a sense of humor. It was written to stimulate the British government to giving proper consideration and equipment to the Home Guard. It is fairly satirical, but they tell me it achieved its object.

## Nelson-Primm Drug

Walgreen Agency Drug Store

<b>For Hair Beauty!</b> <b>FORMULA 20 SHAMPOO</b> 6 OUNCE BOTTLE For Only <b>49c</b>	<b>Men &amp; Women's ALL METAL SHOE TREES</b> Adjustable <b>29c</b>	<b>REGULAR 50c PO-DO BRUSHLESS or LATHER SHAVE CREAM</b> Your Choice of either! <b>2 for 50c</b>	<b>PO-DO PLAYING CARDS</b> Bridge, Pinochle <b>39c</b>	<b>CLARION POKER CHIPS</b> Unbreakable <b>100 for 39c</b>
<b>DR. LYONS 50c TOOTH POWDER</b> <b>32c</b>	<b>30c HILLS COLD TABLETS</b> <b>17c</b>	<b>HINDS HONEY &amp; ALMOND CREAM</b> <b>29c</b>	<b>LIFEBUOY HEALTH SOAP</b> <b>3:17c</b>	<b>TOILET TISSUE SCOTTS</b> <b>3:22c</b>
<b>ORLIS TOOTH BRUSH</b> FOR ONLY <b>23c</b>	<b>HARDWOOD CLOTHES PINS</b> BOX 40 <b>9c</b>	<b>OLAFSEN VIOSTEROL IN OIL</b> Bottle 5-C <b>49c</b>	<b>OLAFSEN VITAMIN B1 WINE TONIC</b> FULL PINT <b>1.19</b>	<b>BREWERS YEAST TABLETS</b> 7 1/2 GR. 100 <b>49c</b>
<b>Save on VITAMIN NEEDS!</b>	<b>75c SIZE DOANS PILLS</b> Diuretic Only <b>49c</b>	<b>45c-Brushless PALMOLIVE Shave Cream</b> <b>2:45c</b>		
<b>Fresh, Fragrant GARCIA SUBLIME CIGARS</b> BOX OF 50 <b>1.98</b>	<b>SPECIAL OFFER!</b> <b>REGULAR 50c L'ADONNA COLD CREAM and 50c ADONNA FACE POWDER</b> <b>1.00 Value For Only 50c</b>	<b>Relief For UPSET STOMACH!</b> <b>BISMADINE POWDER</b> 5-OUNCE For Only <b>50c</b> ALKALINE ANTACID	<b>PINT GLOX BLEACH</b> <b>14c</b>	<b>C-L Ointment FOR CHEST COLDS</b> 2-OUNCE <b>27c</b>
<b>Streamlined SUPER JUICE EXTRACTOR</b> HAS CHROME JUICE CUP <b>1.89</b>	<b>6-OUNCE ALMOND LOTION</b> <b>37c</b>	<b>GIANT BAR P &amp; G SOAP</b> <b>3:13c</b>	<b>42 MODESS NAPKINS</b> <b>25c</b>	<b>ORLIS MOUTH WASH</b> FULL PINT <b>49c</b>
			<b>Fresh-Fragrant TOBACCOS</b> Velvet, Prince Albert or Half & Half POUND <b>76c</b>	

### Poultry Hints For Terry County

The secretary of agriculture, as part of the National Defense Program, has asked for an increase in poultry products. The increase in Terry County can be reached with out any appreciable cash layout, states R. N. McLain, County Agent. Better feeding and management practices with a few repairs on houses should produce the increase wanted in Terry County.

Some poultry are in the molt at the present time and consequently not producing up to par. While at this low stage of production that probably would occur if wormed later. There are several worm remedies, but one of the best is the capsule. After treatment with capsules add 2 percent tobacco dust to the mash for two days each month. This will help keep the birds free of worms. Provide at least eight inches roosting space per bird, with perches one foot apart and about fourteen inches from wall. Have house well ventilated and clean. Do not feed too much grain—about ten to twelve pounds per hundred birds in winter and eight pounds in summer. Feed at regular time every day. Feed about one half grain and one half mash. Keep mash before birds at all times. When feeding at protein concentrate of from 32-36 percent protein, mix about 2-3 grain and 1-3 protein concentrate. Vaccinate chickens against pox. These are a few practices that should increase production if carried out.

Mrs. Ethel Jones came in this week to get the Herald started to her daughter, Miss Earlene, who is attending Lindenwood College at St. Charles, Mo. Mrs. Jones stated that Miss Earlene was liking her college fine, and was doing good work.

### Sunday Nov. 16 Visitors Day At Bowie

Camp Bowie, Texas, Oct. 27 — Circle Sunday, November 16, on your calendar as the day you will visit Camp Bowie, home of the 36th Division, to see exactly how your son, brother, husband, or sweetheart lives.

November 16 has been set aside as your day. You will have a chance to go to church in one of the beautiful modern new chapels situated at central points in the camp area. All tents, recreation rooms, day-rooms, shops and offices will be open for your inspection. Probably "Johnny" will be proud to show you how he makes up his bed and stores his clothes.

At noon you will be invited into the Company Mess Halls to eat soldier food. This will be the best way for you, Mom, to find out how the army feeds and serves its food.

Dad, you too, will get a real surprise. Johnny will show you over the whole camp and you will have a better idea as to just how big a city Camp Bowie is. In all probability you will go home Monday morning and say, "things weren't like that when I was in khaki".

And sweetheart Sue, you will have something to marvel at too. This will be a wonderful chance to see a great collection of uniforms on some of the finest soldiers in Uncle Sam's Army.

Since the purpose of this open house, said Brig. Gen. Fred L. Walker, division commander, is for visitors to be with their loved ones, to inspect their quarters and obtain first hand information and views of camp life, no Divisional entertainment or demonstration is planned, but the unit commanders should encourage their units to put on interesting programs".

### Let's Make Every American Stronger

Let us make every American strong, stronger than ever before, sturdier in body, steadier in nerves surer in living. It is building the health, the physical fitness, the social well-being of all our American people that helps make America strong. Hungry people, under nourished people ill people, do not make for strong defense.

It is up to us to see that the American people are not under nourished. That means America must produce and store more food so that all Americans may have a well-balanced diet daily.

The average American has plenty of food to eat daily, but he does not eat a well-balanced diet daily. A well balanced diet is essential to good nutrition. The all American diet, that is the one most commonly eaten, is milk, bread, meats and sweets, which is certainly not a well-balanced diet. A well balanced diet consists of: 1 pint to 1 quart of milk, 1 egg, 1 serving meat, poultry, fish or cheese; 1 serving sweet or Irish potatoes; 1 serving green or yellow vegetables; 1 other serving vegetable; 1 serving citrus fruit, tomatoes, raw cabbage, strawberries, or melons; 1 serving whole grain products; 1 other serving of fruit; Other cereals and bread as desired; butter, or margarine with vitamins added; some sweets; 6 to 8 glasses of water.

These foods must be included in the diet daily. The average persons diet is deficient in whole grain products as brown rice, whole wheat flour and corn meal made from the whole grain.

Mrs. Richard Phillips, who has been visiting her parents, Mr. and Mrs. D. P. Carter for a week, left Sunday for her home in Fort Worth, Texas