



# EAT MORE SPUDS URGES SCIENTIST

## Research Proves Fallacy of Theory Potatoes Cause Corpulency.

New York.—Eat more potatoes. This was the advice given by Dr. Mikkel Hindhede of Denmark in an address at Columbia university here. Doctor Hindhede was food administrator of his native country during the war and is known as the Herbert Hoover of Denmark. He is a scientist whose researches into food values have given him world-wide fame.

The person who said that a fat man eating a potato was one of earth's most poignant tragedies, according to Doctor Hindhede, sacrificed truth to make a clever phrase. The ban placed on potatoes by current reducing fads, Dr. Hindhede said, is as silly as it is unscientific. Potatoes are among the best health foods, he declared. "If Americans would eat five times more potatoes," said Doctor Hindhede, "there would be less illness in the nation and the death rate would be materially reduced. There is no more reason for abstaining from eating potatoes than for cutting meat off the menu. Potatoes are 75 per cent water. As part of a balanced diet, they do not cause corpulency.

"Potatoes have as many calories as meat, butter, and eggs but less of vitamin A. Too much vitamin A produces sluggishness and lessens resistance to disease. Too much of this vitamin consumed in food by children causes tonsillitis, eczema, enlarged glands, and anemia."

Denmark is one of the great dairying countries of Europe, Doctor Hindhede pointed out, but practically all Danish farmers, he said, export their butter to England and serve margarine on the family table.

"The people of Denmark eat about a half as much butter as Americans and nearly twenty times as much margarine," said Doctor Hindhede, "and the Danes are celebrated for their health and sturdiness. The death rate in Denmark from tuberculosis, various forms of kidney diseases, and other ailments due primarily to improper diet is about 50 per cent less than the death rate from similar causes in the United States."

Doctor Hindhede illustrated his lecture with 100 charts explanatory of his experiments in Denmark to determine an adequate ration for children and adults. He showed pictures of adults in a perfect state of health after living for a year on nothing but potatoes and vegetable margarine.

"If you want to find out what rats can live on best, you should experiment with rats," he said. "If you want to find out what human beings can live on best, you should experiment with human beings."

During his stay in this country, Doctor Hindhede lectured before a number of universities and scientific bodies. He spoke before the Department of Agriculture in Washington and was entertained at a luncheon at which were present Constantin Brun, Danish minister to the United States, Dr. H. W. Wiley, internationally known nutrition expert, and Assistant Secretary of Agriculture Renick W. Dunlap.

### Sane Diet Vs. Vitamines

Chicago.—Well-balanced selection of foods is a surer means of supplying the body with health-giving vitamins than reliance on special foods supposed to contain these valuable properties, dietitians now assert. Our grandfathers never heard of vitamins, yet they were as sturdy physical specimens as the present generation. They ate foods which experience taught them were wholesome and nutritious. Countless ordinary foods contain vitamins which promote the growth of young children, the maintenance of health, and resistance to disease. These include green vegetables, tomatoes, egg yolk, liver, kidneys, and other glandular organs, vegetable oil, butterfat, carrots, peas, beans, spinach, fresh fruits, milk, nuts, potatoes, and legumes. Margarine, because it is largely made up of finest animal or vegetable oils and milk, is a valuable source of vitamins. Sane attention to diet, it is pointed out, will secure for the average person more than enough of his share of vitamins for satisfactory growth and health.

### Beets Big Sugar Source

Chicago.—Beet sugar produced from beets grown on American farms is identically the same in sweetening power, dietetic value and chemical reaction as cane sugar. Beet sugar may be used for every household purpose in which cane sugar is employed. Exhaustive tests by leading home economists have proved that cakes and pastries, jams, jellies, and preserves made with beet sugar are equally as fine as those prepared with cane sugar. About one-sixth of all the sugar consumed in the United States annually comes from the nation's beet fields.

# Texas Tech Will Stage Monster May Pageant Saturday, May 12

The third annual May pageant of Texas Technological College will be presented on the athletic field the evening of May 12, at 8 o'clock. Approximately 600 students of the college will take part in the affair which is under the direction of Miss Eunice Cox, expression instructor.

The pageant, which is entitled "Within Reach of the Plains People," is to be divided into three divisions: Division one, featuring men of American and Texas History who have exemplified in their lives characteristics worthy of every Tech student and every citizen of the United States; Division two, portraying every department of the four schools of the college; Division three, dealing with the seven educational products of which Texas Technological College is endeavoring to inculcate in the lives of those who come under its influence.

The opening event of the pageant will be the crowning of the queen, Miss Merle Williams of Lubbock, who is to reign over the activities of the evening. She is to be attended by a Spanish Court of the 17th Century, costumes and settings to typify the idea to be presented.

Mr. Amon G. Carter, president of the Fort Worth Star-Telegram, and former member of the board of directors of Texas Technological College,

### INFATUATIONS

Under the smooth and polite surface of the modern community, hot emotions are seething, and many of them threaten dangerous explosions.

Many men and women become possessed by irrational infatuations for persons of the opposite sex. Girls fall violently in love with vicious men, won by sweet and mannerly ways such fellows know how to assume in their company. And men will get infatuated with girls who never give loyal devotion to any husband.

And if their friends argue with these folks they angrily declare that these unworthy flames are paragons of excellence. Love is said to be blind. Oculists and opticians find it extremely difficult to fit him with spectacles.

Knowing folks say that the victims of these sentimental contagions need some new interest to divert their minds. To baby cries for the moon, but if you give him a powerful new horn, the moon ceases to be the essential to his happiness.

Similarly many young people recovered from their attacks of calf

is sending out equipment for amplifying the speaking parts of the program.

love when they got interested in some new athletic sport, or obtained a new job that occupied their entire attention. It is claimed that young people can't help falling in love. But it is well not to swim any deep rivers before you have learned how to keep afloat.

Matador—Matador will have natural gas by September 1, 1928.

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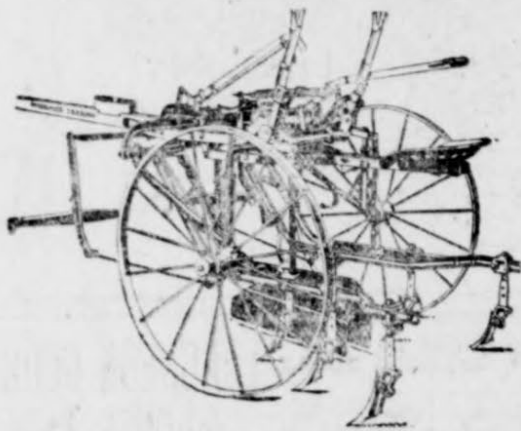
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\$2.50 per setting postpaid. \$10.00 per 100 postpaid.

Also Buff Cochins Bantam Eggs

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# OUT OF LUCK—

When a Plumber makes a mistake, he changes it. When a Carpenter makes a mistake, he boards it up and nails you with the bill. When a Dentist makes a mistake, he offers you a false substitute. When a Doctor makes a mistake, he buries it. When an Undertaker makes a mistake he digs it up. When a Preacher makes mistake nobody knows the difference. When Henry Ford makes a mistake, he retracts it. When Coolidge makes a mistake, he doesn't talk about it.

The Merchants of O'Donnell are making a mistake by not using more advertising space in the Index.

Our subscription list is larger than ever before in the history of the paper, offering you an advertising medium that covers your trade territory almost one hundred per cent. The condition of the country is far better than at any time during the past two years.

Mr. Merchant what are you going to do about your mistake? Are you content with the business that "happens" to come to you?

A small investment in advertising space will put new life into your business.

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## A Hint To The Wise Is Sufficient



NOTICE OF STOCK LAW ELECTION

State of Texas, County of Lynn. This is the 11th day of April, A. D. 1928, appearing to me, as County Judge of Lynn County, Texas...

appointed Manager of said election, and R. E. Seay and Lon Light are hereby appointed judges of said election...

Notice of said election shall be given as required by law.

I hereby certify that the above and foregoing is a true and correct copy of the order made by C. H. Cain, County Judge, on April 11th, 1928...

C. H. Cain, County Judge.

U. S. SHOWS WAY IN NEW FIELD OF EDUCATION Home Study Method of Training Adult Workers Gains Universal Acceptance.

Washington, D. C.—America leads the world in adult education with more than 200 international home-study schools within its borders...

The idea of education by correspondence, which originated in the United States thirty-five years ago, has gained such universal acceptance...

Men and women students taking home-study courses in business, the arts, sciences, trades and professions now number more than 2,000,000, it is shown in a survey made public by Dr. John S. Noffsinger...

The home-study movement, with its more than 200 correspondence schools, is one of the nation's major industries today...

One correspondence school alone has on its books students from 65 countries, including 3,841 students in the Philippines...

The home-study movement is slowly changing the handicap of lack of adult education in the past. The National Home-Study Council, composed of the leading correspondence schools...

L. Palmer is hereby appointed manager of said election, and Paul E. and W. L. Gardenhire are hereby appointed judges of said election...

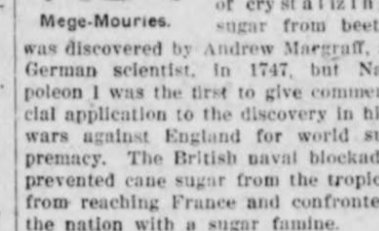
G. W. Hickerson is hereby appointed Manager of said election, and W. Johnson and W. E. Sikes are hereby appointed judges of said election...

E. F. Lehman is hereby appointed Manager of said election, and R. E. Seay and Lon Light are hereby appointed judges of said election...

VAST INDUSTRIES TRACE ORIGIN TO NAPOLEONIC WARS

Two Staple Foods Result From Privations During Crises in France.

Chicago.—Wars of the two Napoleons gave the United States two staple food commodities on which American households spend millions of dollars every day, according to a bulletin issued here by the American Research Foundation.



"Beet sugar which Americans consume to the extent of 2,000,000,000 pounds annually was the contribution of Napoleon I," says the bulletin...

"Origin of margarine was equally romantic. The siege of Paris by the Prussian army in 1870 threatened starvation to the beleaguered city.

"The French scientist's discovery failed to save the besieged city but it established a world-wide industry because of the wholesomeness and economy of the product.

"From an output of a few thousand pounds, margarine manufacturing in the United States has developed into a major industry with a yearly production valued at more than \$60,000,000.

Mother Got the Wires Crossed

By JOHN LANE (Copyright)

DOROTHY LONGLY was not quite sure whether she would devote her life to missionary work in the Far East or marry a millionaire. Both propositions appealed to her.

Dorothy was just out of Vassar, you see, and rather imaginative. Her parents took her for a trip to Europe and that took some of the nonsense out of her pretty little head...

After dinner they sat out on the terrace and gazed at the lights of Rome shining below them—and he talked gas engine to her.

Christopher saw much of Dorothy after that, calling at her hotel and meeting her occasionally at social functions.

A real "honest to goodness" first-class marquis who kept his automobile and was of irreproachable character had been hovering about Dorothy...

Dorothy bit her lip but said nothing when her mother showed her the letter. That night when the marquis called, Dorothy was especially gracious to him.

"I suppose you will be returning home before long," said Dorothy—and somehow she managed to put a surprising amount of fridity into that commonplace remark.

"Why, no," said he, "I expect to stay over here six months at least."

"Oh, I know all about it," replied Dorothy. "Of course, it's none of my business—but do you think it is quite right for a married man to go about posing as a single man?"

"No, I have not," returned Christopher. "I have a cousin of the same name as myself who lives in South Hebronville—and he is married and has a family.

"I guess it means that mother, when she investigated you, got the wires crossed," replied Dorothy.

"To whom?" asked Dorothy. "To you," replied Chris. "Well, I am not married—but I would like to be."

And two months later he was...

Young chicks just hatched must not be fed anything until they are about 60 hours old, as they are supplied when hatched with a certain amount of available food in the yolk sac which is absorbed into the body.

FEEDING THE DAIRY COW AT CALVING TIME

A cow that has been dry and fed grain for six or eight weeks before calving should be in good flesh at this time.

The children who represented the sunbeams were tiny little tots of the first grade and were, as the Fairy Queen, was indeed a queen in stately robes of white and crowned with a lovely flower bedecked crown.

Those who witnessed this play shall always remember it as one of the prettiest plays ever attempted by O'Donnell talent.

Index Ads Get Results—Try Them

GRADE SCHOOL OPERETTA IS PRETTILY RENDERED

The operetta, "Midsummer Day's Dream" was indeed a lovely dream of beauty and talent showing beyond a doubt the untiring patience of our principal, Mr. Gordon King, and the teachers of the grade school.

More lovely costumes could not have been designed than those worn by the gorgeous yellow and black butter flies, and quaint honey bees as they flitted in and out among the flowers...

The dozen fairies all in snowy white with great fluffy wings were as lovely a sight as the most exacting artist could paint as they, with the dozen quaint brownies, flitted and pirouetted back and forth across the stage...

The children who represented the sunbeams were tiny little tots of the first grade and were, as the Fairy Queen, was indeed a queen in stately robes of white and crowned with a lovely flower bedecked crown.

Those who witnessed this play shall always remember it as one of the prettiest plays ever attempted by O'Donnell talent.

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Shortcake Like Ma Made

Strawberry shortcake like mother used to make has staged a return to popular favor.

It's back on the dinner table again in its old-fashioned splendor, whipped cream and all, back after biscuits and cake dough have begun to pall on the whimsical American palate.

Try the appended recipe in your oven and let the mouth-watering result speak for itself.

Old-Fashioned Shortcake.

Ingredients: Two cupsful of flour four teaspoonfuls of baking powder, one-half teaspoonful of salt, six table-spoonfuls of margarine or butter, three-quarters of a cupful of milk, also two table-spoonfuls of sugar.

Sift the dry ingredients together, cut or rub in margarine or butter until mealy looking, and add milk to make soft dough.

When done, slit in two crosswise, spread one-half generously with margarine or butter, then with berries, placing the other half on top and cover this with whipped cream and more berries.

New Triumph of the Egg

Here's another "triumph of the egg," a culinary triumph.

It's called Goldenrod eggs and is guaranteed to melt the hardest masculine heart, when served with its proper accompaniment, a delicious white sauce.

The white sauce is easily prepared by the home manager and hens do most of the groundwork on the Goldenrod dish proper. In making the white sauce, you melt two table-spoonfuls of butter or margarine in a sauce pan, add two table-spoonfuls of flour and cook until the mass bubbles.

One and a half cupfuls of this sauce is sufficient for Goldenrod eggs for five persons. The eggs are prepared in this fashion: Chop the whites of five hard-boiled eggs coarsely and mix with white sauce.



# WE SHOULD CELEBRATE MOTHERS DAY IN AMERICA

take but very little time to think, investigate, or give to anything in this rushing age of But we must take time to send love to our mothers on Mother's Day.

we have built large monuments at the heads of our great set aside holidays on their days, spent millions of dollars in statues to remember them. greater and more worthy of remembered than our mothers? are not. It is only because mothers are greater in number than in association, which makes them more common to us. We are broader minded than this. We should be able to see and know the love which they have for us.

never thinks of herself, or her life at anything; her are all on you and your well. Never a day passes but what requires about you, the things interested in, and the tasks are occupied within your routine of life. Why are we to see and know the worth of others? We have had enough before us for hundreds of years still we do not take time to use them to any advantage.

at one time was one of our nations, but negligence of and its occupants caused up and revolutions. When Napoleon, the greatest military leader that has ever ruled was asked to interpret the this deprecation, he replied following words: "We need have more real mothers."

if our mothers are as great as all of this, why do we keep our mother's heart sending her some present on Mother's Day? It has not been so long since Mother's Day was a national holiday, but it has celebrated for many years by portions of the United States. Though it is young in our now, we should not wait for make us realize its value. If this is a characteristic of to generation, let us make good in this one particular case.

er, the dearest person in the us, is the only one to whom carry our troubles and always deep. She understood us back days when we were unable to. She can understand us better than the only one who can words of love and sympathy in phase of life has betrayed the value of our mothers cannot high enough; it is unlimited beyond the power of comparison.

ertain fell long ago on the and his ways of living. We living in a great civilized of respect, love and sympathy. Who is more worthy of our respect, our fondest love, most considerate sympathy to mothers? The hero that is more worthy of being than our mothers has never and of anywhere depicted of time. And since we do no one who stands out as a mother, we should, as the scene each year, keep Mothers Day of the greatest holidays which celebrate.—McLean News.

# Elaborate Plans Made For National Legion Meet In Fall; Reunion of Divisions

SAN ANTONIO, Tex., May 11.—With elaborate plans und er way for reunions of both the Thirty-sixth and the Ninetieth Divisions during the American Legion national convention October 8 to 12, keen rivalry is developing between the two organizations in putting over the biggest and best attended gathering.

Both Texas and Oklahoma are watching the two divisions with keen interest, as men from the two states made up both of the outfits during the World war days.

Special interest attaches to the convention for the men of the Thirty-sixth Division, as October 8, opening day of the Legion gathering, marks the tenth anniversary of the division's baptism of fire at St. Etienne, France. The arrangements committee plans special ceremonies to commemorate this event.

The old Second Texas Infantry football team, which were Border champions in 1916-1917 and then as representatives of the Thirty-Sixth Division were runners-up in the A. E. F. football championship tiff in Paris, will be featured at the division reunion. A barbecue will also be staged.

Major General William R. Smith, under whose command the division saw fire and who is now commandant of cadets at West Point Military Academy; Major General John A. Hulen of Houston, wartime commander of the Seventy-first Brigade, and other officers have been invited. All regimental commanders have already signified their acceptance.

The French officers under whose command the Thirty-sixth served in France will be invited to be present at the reunion.

Major A. W. Bloor, formerly of the 142nd Infantry, is chairman of the reunion committee, with Jim Kendrick, formerly a lieutenant in the 141st Infantry and now athletic director at St. Mary's University here, as vice chairman. They will hold conferences on reunion plans soon with Major C. M. Glistrap, now of the United States veterans' bureau offices at Oklahoma City.

# HOCKLEY COUNTY BOY INVENTS BIG NOVELTY

An automatic peanut machine that responds to human speech and which is one of the distinctive novelty inventions of the age, was exhibited at the Pool Drug Store here Tuesday of tnoon and proved a sensation of unending interest to the crowd who saw it. The usual procedure to make a vending machine deliver is to put a nickel in a slot and pull the lever. But this machine is different, inasmuch as you put your money in the slot, then say "peanuts", and out comes a nice package of shelled peanuts.

This machine was perfected by Geo. H. Whitlow, a boy of 19 years of age and who was reared at Ropesville in this county. Young Whitlow has always been of a mechanical turn of mind and the idea came to him when only 16 years of age, but he was almost two years in perfecting the machine and obtaining a patent. It has been demonstrated in many parts of the United States and has always proven an attraction.

From what we can learn it is electrically operated, and the driving apparatus is tripped by an instrument somewhat similar to that used in making phonograph records, but is

so sensitive that it will operate only at the utterance of the word, "peanuts." It can be fixed so that other words such as "candy" or any series of words or sounds would do the trick.

A large manufacturing company is now making the machines but we understand that the sale rights still belong to the original inventor.—Levelland Herald.

# DYNAMITE VICTIM IS STILL LIVING

Last week we stated that W. R. Pearson, who was injured in a dynamite explosion while employed in digging the ditch for a gas line, had died on Tuesday afternoon. This report, like that of Mark Twain's death seems to have been slightly exaggerated. Pearson is still living. The report of his injuries was in other respects correct.

Mr. Pearson's family had been taken to Lubbock Tuesday morning. On Wednesday, just as we were about ready to print the story of his injury, the report came to us that he had died Tuesday afternoon. Supposing the report to be authentic, we did not take the usual precaution to investigate. We are gratified however that the report turned out to be incorrect. While the injured man evidently received a narrow escape and will be terribly disfigured and handicapped for the remainder of his life yet he is said to be recovering as rapidly as could have been expected, and it is now thought that the sight in one eye has not been seriously impaired. The family, however, are in strained financial circumstances and really need help.—Lynn County News.

Chickens and eggs produced in Texas annually are valued at more than \$35,000,000.

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# CONSTITUTION WAS AMENDED

Constitution of the United States provides specifically the way amendments may be made. The nineteenth—the Prohibition Amendment—was adopted in full accord with the provisions, and just as preceding seventeen and last.

The United States Senate, on May 13, 1927, proposed the amendment. The vote was 65 to 20.

The United States House of Representatives, on December 17, 1927, adopted the amendment, by a vote of 286 to 128.

This Congress which proposed the amendment had been elected in November, 1926, and earlier, with the issue as the dominant issue, since before the United States entered the World War.

From January 8, 1918, to January 19, 1919, thirty-six states the first three-fourths, ratified the amendment with a combined legislative vote of 4,086 to 829.

These ratifications by the necessary thirty-six states, ten more have ratified, with a combined vote of the only states that have not done so—Rhode Island and Connecticut.

The movement that led up to the nineteenth Amendment began when the first state adopted the amendment, seventy-three years ago. When the United States entered the World War, twenty-six states had already ratified "dry" and over 85 per cent of the area, inhabited by more than 100 million people, was "dry."

The other amendment to the Constitution was ever discussed so continuously, or through a series of years, well-financed throughout every state as the nineteenth and no other amendment was ever adopted so quickly. Intercollegiate

Soybeans utilize the nitrogen in the air through bacteria on the roots of the plant, the presence of these bacteria being shown by the development of nodules (small knots) on the roots. When soybeans are grown on land planted to this crop for the first time, it is advisable to inoculate. One of the most common causes of failure in growing a first crop of soybeans is lack of inoculation which is usually indicated by a pale or yellowish green color of the plant. Inoculation may be accomplished through cultures of bacteria which are applied to the seed before being planted. Another method is to make an application of soil from land which inoculated soybeans have been previously grown, about 250 pounds of inoculated soil being applied to the acre. This method of course involves considerable labor. Inoculation is most easily accomplished on neutral or alkaline soil. When the soil once becomes thoroughly inoculated, it need not be done again if a soybean crop is grown occasionally on the land.

Brownwood—The Heart of Texas Commercial Executives Association will send delegates to the West Texas Chamber of Commerce annual convention in a body.

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