

THE MESSENGER

PUBLISHED EVERY THURSDAY AT HAGERMAN, NEW MEXICO

MARTIN & BLOCKER, Publishers

TELEPHONE 17

THURSDAY, MAY 8, 1930

Entered as second class matter at the post office in Hagerman, New Mexico, under the Act of Congress of March 3, 1879.

SUBSCRIPTION RATES, PAYABLE IN ADVANCE
 One Year \$2.00
 Six Months \$1.25
 Three Months 75c

NO SUBSCRIPTION ACCEPTED FOR LESS THAN THREE MONTHS

Resolutions of Respect, Obituaries, Cards of Thanks, Reading Notices, and Classified Advertising, 8 cents per line for first insertion, 5 cents per line for subsequent insertions. Display advertising rates on application

HAROLD DYE, Managing Editor

BE KIND TO OUR VISITOR

Now and then as we travel the lanes bordering the Felix river and alfalfa fields, we feel a sudden interest in seeing a beautiful bird with green crown and scarlet cheek, spotted body with long, trailing tail, come out from the alfalfa plants, and stand, majestically for a moment, before it disappears. Or it may be, that as we sit on the bank of the stream at dusk fishing, a startled cry comes from the bank, and the figure of a bird floats through the gloom to the other shore. This is our peculiar visitor from far off China, Korea or Manchuria—the pheasant, who seems strangely out of place so near the occidental desert. We should show him every courtesy because his enemies are many and his lot is hard. Boys pursuing him through the fields with their "nigger-shooters" join themselves with the magpies, coyotes, skunks, and wild cats as persecutors of this peaceful bird. Let us be careful to safe guard his existence while he is among us.

THE DAIRY-POULTRY SHOW

The first annual dairy and poultry show is being given to-day in Hagerman under the auspices of the Hagerman Chapter of the Future Farmers of America. Citizens of the community should lend their whole-hearted cooperation to this event. This initial demonstration should prove such a success that it can be repeated from year to year for the good of the young farmers and their fathers throughout this section of the valley. After all, the stock and poultry division of the farm is the most important. Good stock will stabilize the farm conditions in times of market slumps and droughts. Inasmuch as dairy production composes the greatest industry in America to-day, every farmer should encourage interest in the maintaining of good stock. A dairy and poultry show will act as desired impetus toward the end that every farm support good stock and poultry.

FISH DYNAMITERS

One of the worst pests, sportsmen of eastern New Mexico have to deal with is the fellow who will slip around and dynamite a hole of water to catch a few fish. Hundreds of smaller fish are killed in order to get hold of a few larger ones. There is nothing sportsman like in dynamiting a hole of water. It has been one of the chief factors in depleting the present supply of desirable fish in many places.

Officers have managed to catch a few offenders, but the majority have escaped. When ever they are caught, little mercy should be shown them, they should be fined the limit.

THE GOOD OLD DAYS

A few people continue to bemoan the fact that the good old days have passed. We often wonder just how much time is wasted in comparing the present time with yesterday. Wishing for the return of the ways of a quarter century ago, isn't going to set the clock back and even so, we would not want it done if it were possible. We can remember the time when a town of two or three thousand people had no paved streets, no sewers, a poor lighting system and a main street lined with hitching racks and swarming with flies. When one started anywhere, it took from three to four hours to drive fifteen or twenty miles and often in the hot sun at that.

Only the well to do families afforded such a luxury as a horse and carriage. The rest walked or stayed at home. There was no such thing as piling the kids in the back end of the flivver and going for a day's outing a hundred or so miles away. Time was usually spent in visiting (and we'll admit that a little more visiting would do the modern folks some good).

Few read newspapers and magazines, while the majority in the poorer districts depended on mouth to mouth gossip.

Where were we during this time? We were out in the brush, living close to nature and skimming wiggly tails from a west Texas tank for drinking water.

BOOMS

A community revival is not necessarily dependent upon the wholesale selling of lots.

A town can boom when there is shown a more cooperative spirit to boost all things and hold fast that which is good.

A town can boom when its forces of education, culture and morality bear fruit in well-doing.

A town can boom when business is placed on a fair level competition, when greater service is rendered, and a more thorough method is used to establish growing patronage.

A town can boom when there are more get-together meetings, more neighborliness and more genuine friendship backed up by deeds as well as words.

A town can boom when it takes on a cleaner aspect; when paint, soap, broom and mop are applied to its physical properties and a cleansing of the hearts of its people takes place as well.

A town can boom when orderly society is recognized, and when greater opportunities are given to its people in the enjoyment of their material and spiritual blessings; when its institutions are supported by its own people who are consciously active to prove their loyalty.

DEXTER PROUD OF HER STUDENTS

The people of Dexter point with pride to the records made by several of their own young men and women who received their early training in the Dexter school. Anyone reading last week's issue of the Messenger cannot fail to be impressed with the fact that these students from Dexter have made outstanding progress in leadership and learning. There must be a fundamental reason for achievement aside from native talent. Environment plays its dramatic part in the development of young men and women. These young people of Dexter do not owe their success to the fact that they received discouragement or even passive tolerance from their elders. But rather, those fathers and mothers of the community in conjunction with the teaching forces of church and school inspired and aided with encouragement and assistance every step in the progress of learning undertaken by their children and charges. A community that backs its young people lays a foundation of stability backed by good citizenship which will be rewarded a thousand fold in its younger generation.

Press reports from Santa Fe say that the state's taxable wealth will be increased considerable under the new tax law. We have yet to hear anybody worrying over the surplus that the new taxable wealth will bring the state. It is a pretty easy matter to raise the tax rate or increase the rate of taxable property, but a difficult proposition to lower the amount of the individual's taxes, at least we have never heard of it being done.

VITAMINS ESSENTIAL FOR HEALTH IN DIET

People have become "vitamin conscious" as the advertisers would put it. They want to know whether a given food "contains vitamins." What they often fail to realize is that there are several different vitamins and that each has a different function in nutrition of the body, says the U. S. Department of Agriculture. Some foods are a good source of one vitamin and some of another, while a number of foods contribute more than one. If the home maker wants to give her family a diet containing enough of all the vitamins, she must know something about the function of each and the foods likely to supply it in sufficient amount. She can then see that these foods are included in her menus.

Vitamin A, for instance, is essential for growth, well-being at all ages, and successful reproduction. A deficiency of this vitamin leads to the weakening of the body tissues and increased susceptibility to bacterial infection. If laboratory animals are given a diet lacking in vitamin A, they develop infections of the eye and other parts of the body. It is thought that similar inflammatory and infective processes in the human body occur when there is a deficiency of vitamin A.

Fortunately, the body has the power of storing this vitamin to a considerable extent for future needs. An abundant supply of it in early life undoubtedly safeguards the body against later infection as well as provides for present requirements. This does not mean, however, that the need for vitamin A is confined to the young. Nursing mothers, especially, should have food containing vitamin A in abundance.

Milk and dairy products, eggs, liver and leafy vegetables are among the richest sources of vitamin A. Green or yellow vegetables are much richer in it than the corresponding white varieties. Thus, green lettuce is much richer than bleached and yellow corn than white. The bureau of home economics gives these foods as good sources of vitamin A; avocado, bananas, string beans, butter, carrots, cheese, codliver oil, dried cowpeas, cream dandelion and other greens, eggs, lentils, lettuce, liver, milk, peas, sweet potatoes, spinach, squash and tomatoes.

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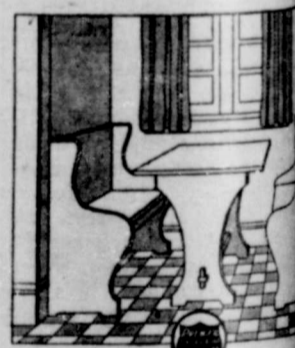
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