

Hico News Review PUBLISHED EVERY FRIDAY IN HICO, TEXAS



ROLAND L. HOLFORD Owner and Editor

Entered as second-class matter May 19, 1937, under the Act of Congress of March 3, 1879.

SUBSCRIPTION PRICES: One Year \$1.00, Six Months 50c, Three Months 25c, Outside Hamilton, Bosque, Erath and Comanche Counties...

ADVERTISING RATES: DISPLAY, 35c per column inch per insertion. Contract rates upon application.

WANT ADS, 10c per line or 2c per word, per insertion. Additional insertions at 5c per line or 1c per word.

LOCAL READERS, 10c per line per insertion, straight.

MINIMUM charge, 25c. Ads charged only to those customers carrying regular accounts with the News Review.

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Hico, Tex., Friday, July 4, 1940.

FOR A UNITED AMERICA

The threat of war faces America more sharply than in many years. The last time the United States went to war it was for the salvation of certain ideals of liberty and democracy for which our nation has stood from its beginning.

Today the menace to the human liberties which we group, broadly, as democracy, is far greater than it has ever been.

As important as guns and ships and planes and soldiers is the ironing out of differences which cause Americans to distrust each other.

Pointing out that America's hope for the realization and maintenance of the ideals of the Founding Fathers lies in reconciling the "Old Americans" with the newer stock, and bringing the latter into a deeper understanding and fuller acceptance of the essential standards of human equality and liberties which are the very root of democracy.

This is a useful, indeed a necessary service if America is to be truly prepared to defend itself against a foreign foe.

Nancy Hart's HOME NEWS

Summer diet presents a very definite problem in balance to conscientious home-makers. Too many heavy foods are distasteful if not absolutely harmful.

So, in order to find a happy medium between the too hearty and the too dainty we turn to salads. Summer salads, more often than not, fill dual roles.

Since the salad-dessert invariably is a fruit combination it's better not to make the first course of fruit, jellied bouillon, chilled vegetable juice cocktails, appetizers such as sardines and highly seasoned stuffed eggs make splendid first courses for this type of meal.

I found a delightful old pressed-to-mold in an antique shop the other day that I filled with this jellied fish salad.

made with cubes or extracts), 1 cup water, 4 tablespoons tomato catsup, 4 tablespoons lemon juice, 2 full teaspoons Worcestershire sauce, 1 pound salmon (freshly boiled or canned), 2 teaspoons anchovy paste (optional but good), 2 large lemons.

Softened gelatin in 4 tablespoons cold water. Heat consommé, water, catsup and lemon juice to scalding point (not boiling) and stir into gelatin which has been liquefied over hot water.

Break salmon into coarse flakes removing bones and skin. Peel cucumbers and cut in quarters lengthwise. Scrub out coarse seeds and dice. Mix fish and cucumbers and fold into jellifying mixture.

You can use any kind of fish you prefer. Crab flakes, shrimp, lobster or a mixture of the three adding salmon, too makes a delicious salad.

Marie Beynon Ray says that she has never been tired in her life, and that other women can avoid fatigue if they will substitute new and vitalizing emotions for the old depressions and fears that wear us down.

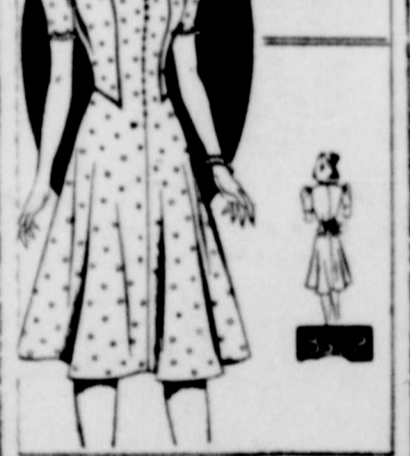
Mrs. Caroline E. Aggars Fortas, who has degrees from Barnard and the University of Wisconsin, married for a while with the Re-settlement Administration and later as an attorney in the tax division of the Department of Justice.

Fashion For Today

LITTLE PRINCESS

Here's one for the little girl who lives in the lane, and on a busy city street—in fact for little girls anywhere. The princess in a universally popular style for childhood, and \$7.97 is an unusually pretty version of it, simple as vanilla ice cream and just as sweet.

Pattern No. 8707 is designed for size 4, 6, 8, 10 and 12 years.



Pattern 8662—It's a youthful dress, designed to make a slim fashion-wise young person look very smart and spring-like. The cleverly detailed bodice is cut with the new longer line, and the unbroken effect on the front flattens your diaphragm and makes your waist look little.

Send for this design, 8662, very speedily and make it up in flat crepe, ray print or thin wool, with eyelet embroidery or organza for your white accents.

For PATTERN, send 15 cents in coin (for each pattern desired) your NAME, ADDRESS, STYLE NUMBER and SIZE to: Patricia Dow, Hico News Review, Pattern Dept., 115 Fifth Avenue, Brooklyn, N. Y.

Independence Day, In Europe!



TWO SIDES To Every Question

War implements for the furtherance of the present struggle.

As proposed to all these benefits is our feeling of enmity toward a nation which we consider a cruel aggressor toward another nation.

The attitude of the American people, upon which our government patterns its actions, cannot drive Japan into the long arms of the dictators or can win their support to the side of the democracies.

United States friendship means more to Japan than the friendship of any other group of powers, and this being the case, it would seem obvious that we could depend upon her adherence to an agreement which would so vastly benefit her.

From our point of view there is little doubt which side of the question would be most favorable to us. Primarily—as a friend—we might be instrumental in negotiating a cessation of a war which is becoming unpopular with a great number of Japanese people.

Third—we could be of tremendous assistance in helping to rebuild in China.

Fourth—in order to reach a mutually beneficial agreement, we would not have to agree to ship

Dale Carnegie

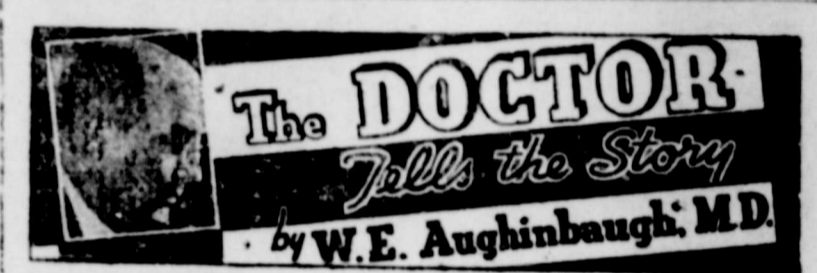
Author of "How to Win Friends and Influence People."

COURAGE

The most inspiring story I saw in Asheville, North Carolina, was a blind man, Asheville is proud of its Blue Ridge Mountains, its climate and the mighty Biltmore mansion that George Vanderbilt built in the gay nineties.

As I talked to him, he radiated cheerfulness. Like Kuperman, you are a tribute to your race, to your country. You are fired by the proud fighting spirit that inspired our ancestors to cross the seas, conquer the wilderness and build a new civilization.

Now here's the point of the story. Did Ike Kuperman whine and give up? Did he complain about his misfortune? Did he say, "I can't get a job now?" No, sir. Not Ike Kuperman. I am happy to report that a Catholic charity offered to give this



PSITTACOSIS

Bird lovers, and especially those who keep numerous feathered pets in their homes, should know that Psittacosis or Parrot Septicemia has again broken out in the United States.

While poll parrots and other members of the parrot family are particularly susceptible to this malady, birds of all kinds may contract it from the giant ostrich down to the smallest love-birds.

Dr. May Cravath Wharton, founder and director of Uplands, Cumberland Mountain Hospital and Health Center at Pleasant Hill, Tennessee, has contributed her time, energy and funds to this activity for more than twenty years.

In birds this illness is an intestinal infection due to the bacillus psittacosis. Transmitted to man it becomes a typical pneumonia of the typhoid type. The period of incubation in the human family usually is nine days, but cases are on record where it required three or more weeks to develop.

At the onset there is chilliness, or a definite chill starting the attack, followed by pains in the back and limbs, headache, nausea and vomiting. There may be considerable nose bleed. The temperature rises rapidly often reaching 104 degrees in a few hours, and the fever accompanying it may continue for three or more weeks.

It is difficult to differentiate this pneumonia from other types. Contact with birds or parrots, such as feeding them and cleaning their cages, helps the physician make his diagnosis. There is much weakness, mental depression, physical prostration, apathy, stupor, heavily coated tongue, and often delirium and hallucinations.

The temperature may reach 106 degrees before death ends the story. Children are more apt to contract this disease than adults. Convalescence is slow and prolonged.

There is absolutely no known drug that will influence the course of the duration of the illness and treatment is entirely symptomatic. If your bird becomes drowsy, lethargic, has ruffled feathers, convulsions and diarrhea, in all probability it has contracted psittacosis and will die, unless you kill it. The cage and other things used by the bird should be sterilized by boiling water, in order to prevent human beings catching this serious disease.

Mrs. Alice Rice Cook, who has a master's degree from Radcliffe College, has opened a "Self-Appraisal Laboratory" at Central Branch of the Brooklyn Y. W. C. A. She believes that many of the nervous habits shown by people come from a feeling of inadequacy.

The House of Hazards By Mac Arthur



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News of the World Told In Pictures

After Dark!! ... by Rice

EYES IN THE NIGHT

YOUR EYES AT NIGHT ARE REALLY YOUR HEADLIGHTS!

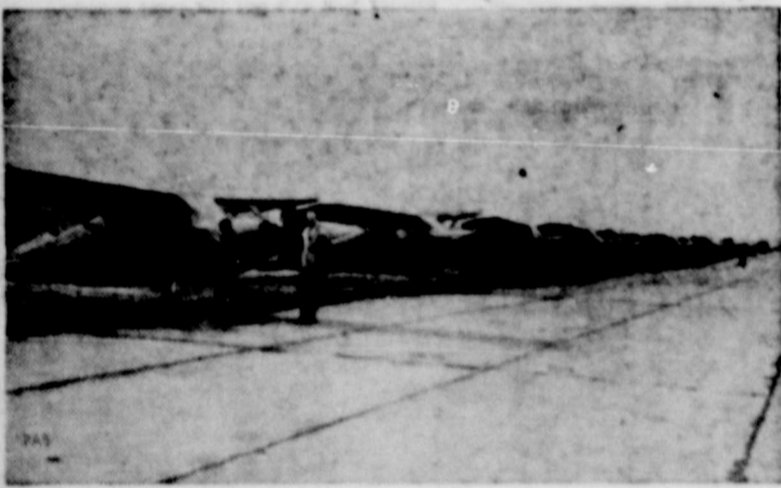
YOUR SAFETY and OTHERS DEPENDS ON THEM

OLD-TYPE HEADLAMPS LOSE EFFICIENCY RAPIDLY - LENSES DIRTY - REFLECTORS CORRODE - BULBS DETERIORATE - THEY MUST BE KEPT CLEAN and in ADJUSTMENT!

"SEALED BEAM" LIGHTING ON NEW CARS IS A STEP TOWARDS SAFETY - MAINTAINS EFFICIENCY THROUGHOUT LIFE.

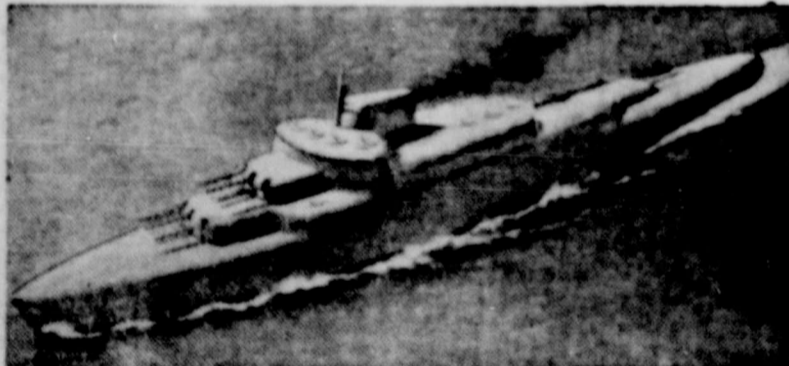
BUT, OLD CAR or NEW, USE LOWER or PASSING BEAM on MEETING!

Planes for the Allies



ROOSEVELT FIELD, N. Y. . . . Some of the 600 small Stinson "105" planes that are being flown from here to Halifax on the way to Europe, where France will use them in place of balloons for observing artillery fire. The planes cost \$3,500 each, have 80 h.p. motors, and can take off and land in roads or small plots of ground.

Battleship of the Future



NEW YORK, N. Y. . . . Warships of the future may look like this, according to locomotive and train designer, Otto Muhler. The arched construction of this whaleback design would make bombs hit at an angle.

Fair Folies Chorines

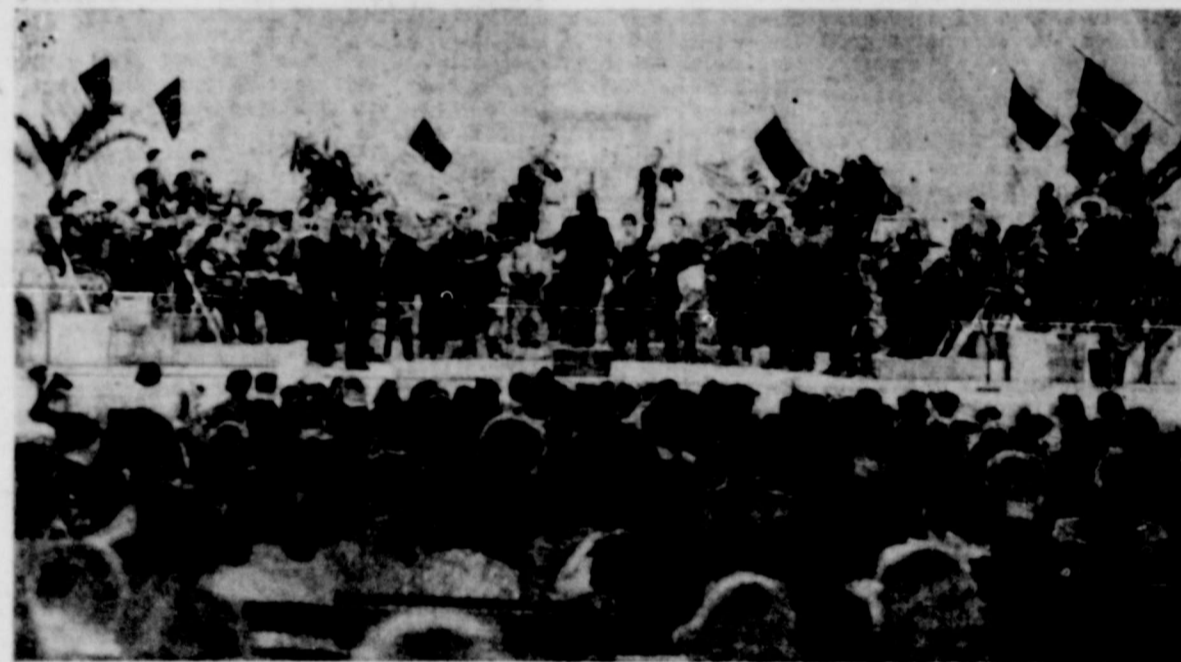


5000 fantasies from Clifford C. Fischer's "Folies Chorines of 1941," one of the leading attractions at the Golden Gate International Exposition, the mark on Treasure Island. Star entertainment featuring 5000, the "Folies" will be an all-new streamlined production with a cast of 65 international lovelies. First performance will be on Exposition opening day, May 26.

Thugs, Beware!



Famous Mexican Orchestra Will Play Again at the State Fair



Mexico's most colorful and artistic group of musicians, the internationally famous seventy-five piece Mexican Tipica Orchestra, which proved so popular at the 1939 State Fair, will return to the fifty-second annual fair for free concerts daily, Oct. 5 to 20, it has been announced by Harry L. Seay, president of the fair. The band will again be under the direction of Maestro Miguel Lerdo de Tejada, who has directed it for many years, and who is considered one of the outstanding composers and directors in musical circles. The band will bring a group of famous Mexican entertainers along, and will be presented in free concerts at the band shell daily.

In the grand old summer time eat ONE HOT FOOD WITH EVERY MEAL

Dorothy Greig



Purée Mongole Soup is nourishing for warm days

EVEN though the thermometer plays mean tricks by climbing high and higher, we still need hot food—and at every meal. Cold cuts, cold salads, frozen desserts, chilled drinks are all palate tickling. Somewhere along the line, however it's wise to include a hot dish. Hot food helps the digestion to behave politely. And anyway, a contrast, a balance, of hot with cold gives any meal more zest. For example, suppose fruit juice or jellied soup comes first. Then make the next course a hot one, maybe meat pie and meat loaf. Or if you serve cold cuts, begin the meal with a light hot soup. At noontime, hot soup can be the main dish, followed by crisp salad and cold dessert.

Soup is one hot dish a woman can prepare without getting all heated up herself. Just open a can, add water or milk as the case may be, and heat. Soup is light, leaves no heavy after feeling. It refreshes and revives, too, and provides quick energy. Here are several that are especially inviting with summer meals:

Purée Mongole
1 can condensed pea soup
1 can condensed tomato soup
1 1/2 cup fresh milk or light cream
Empty pea soup into saucepan and stir until smooth. Add the tomato soup, a little at a time, stirring constantly. Add cold milk

or cream to mixture. Then heat, stirring constantly. Do not let boil. Serves 4-6.

Cream of Celery and Chicken Soup
1 can condensed celery soup
1 can condensed chicken soup
1 can milk, using soup can for measure
1 can water, using soup can for measure
Stir the chicken soup into the celery soup. Then add 1 can of milk and 1 can of water. Heat to boiling and serve. Serves 5-7.

Another winner is this meat roll. Not the least of its virtues is that it looks so nice sliced down:

Stuffed Meat Roll
1 1/2 pounds ground beef
1/2 pound ground fresh pork

4 tablespoons onion (cooked in 1 tablespoon butter)
1 1/2 teaspoon salt
1/4 teaspoon pepper
1/2 cup soft bread crumbs
1 egg, beaten

Combine all of the ingredients and mix thoroughly. Put on waxed paper and pat out in a sheet 14 inches long by 10 inches wide.

Potato and Pea Stuffing:
2 cups mashed potatoes
1 can condensed pea soup
1 teaspoon salt
1/4 teaspoon pepper
1 egg, beaten

Combine all ingredients and mix well. Place on the meat and then roll the meat mixture around the stuffing. Bake in a moderate (350°) oven for one hour to an hour and fifteen minutes. Serves 8.



Meat roll with potato-pea stuffing perks up hot weather appetites

A Slenderizing Salad



IF WHEN you climb on the scales, the little dial tells you that you have a slight credit in the way of pounds rather than a debit, it is time to start watching what you eat. This doesn't mean you have to starve yourself. In fact, that is just the thing to be avoided for your system needs an adequate amount of proper food to keep the machinery going. Instead, eat foods that keep the calorie count down and yet satisfy appetite and energy demands. Twelve to fifteen hundred calories is the count for the average woman's daily reducing diet.

How to keep within that calorie budget? Fruits, vegetables and lean meats are part of the answer. Jellied salads are another helpful item. When they are made with plain unflavored gelatine, which has almost no calorie count in itself, they offer an excellent way of varying foods that often would become monotonous by themselves from repetition. Too, plain gelatine extends small quantities of foods, giving more to eat and helping to fill up some of those empty crevices in the appetite.

Desserts are often thought to be on the forbidden list but that isn't true. The system needs a certain amount of carbohydrate to carry on its work and so some desserts should be included in a low calorie diet. Here, plain gelatine again comes to the aid of the dieter for there are a wide variety of desserts made with it that are low in calories but delicious to eat.

Complexion Salad
(Serves 6—18 calories per serving)
1 envelope plain unflavored gelatine
1/2 cup cold water
1 teaspoon salt
1 cup hot water
2 tablespoons mild vinegar
1 tablespoon lemon juice
2 teaspoons onion juice
1/2 cup carrots, grated fine or shredded

2 tablespoons chopped parsley or raw spinach
1/4 cup cabbage, grated fine or shredded
Soften gelatine in cold water. Add salt, hot water. Stir until thoroughly dissolved. Add vinegar, onion juice and onion juice (extracted by grating onion). Cool and when mixture begins to thicken, fold in remaining ingredients. Turn into one large or individual molds which have been rinsed out in cold water first, and chill. When firm, unmold onto lettuce. Platter may be garnished with bundles of raw carrot straws tied with strips of green pepper.

Grapefruit and Cucumber Salad
(Serves 6—40 calories per serving)
1 envelope plain unflavored gelatine
1 cup hot water
1/2 cup cold water
1 cup fresh grapefruit, cut in cubes or
1 small can broken grapefruit
1/4 teaspoon salt
1 tablespoon lemon juice
1 cup diced cucumber

Bring sugar and water to a boil. Drain grapefruit. Soften gelatine in one-half cup grapefruit juice (if not enough juice, add water to make difference). Add to hot syrup and stir until dissolved. Add salt and lemon juice. Cool and when mixture begins to thicken, fold in grapefruit and cucumber. Pour into one large or six individual molds which have been rinsed out in cold water first, and chill. When firm, unmold onto lettuce and serve with desired dressing. A drop or two of green vegetable coloring may be added if desired.

Hawaiian Delight
(Serves 6—65 calories per serving)
1 envelope plain unflavored gelatine
1/2 cup cold water
1/2 cup hot water
2 tablespoons sugar
2 tablespoons lemon juice
1/2 cup crushed pineapple (canned)
1 egg white
1/4 teaspoon salt

Soften gelatine in cold water. Add sugar and hot water and stir until dissolved. Add lemon juice, pineapple and salt. Cool and when mixture begins to thicken, beat until light and frothy with a rotary beater. Fold in stiffly beaten egg white and beat until thick. Fill into sherbet glasses and garnish with a cherry.

Battling Nazi Raiders



PARIS . . . An anti-aircraft gun in the Esplanade des Invalides in Paris, one of the guns called into action to battle the fleets of Nazi bombers raiding the French capital.

Forty Fair Reflections



Beautifully mirrored in the placid pool of the Court of Flowers in the massive Triumphal Arch at the 1940 Golden Gate International Exposition. Decked in its finest holiday dress, and liberally covered by thousands of blossoming flowers, Treasure Island will open its portals to the world, May 25.

FLASH: Local Payrolls Steadily Decrease!

INSURE YOUR SALARY BUY WHERE YOU EARN

WHEN YOU BUY AT HOME YOU HELP YOURSELF

Community prosperity depends on potential wealth and earning capacity of its citizens—community progressiveness depends on the citizens' support. By the theory of all historical progress a community progresses only as to how much is put back into the development attained only by the support of its local trade area.

More business creates more jobs—More jobs create greater earnings—Greater earnings create more spending—More spending creates better business—Around and around it goes, unless the earnings are spent off in the big cities where they would naturally go to support the payrolls of those cities.

PROTECT YOUR PAYROLLS, TRADE WITH YOUR LOCAL FIRMS!
Demand that your local merchants keep, within a reasonable price range that will meet competition elsewhere, and maintain a stock that will meet a majority of your needs. Give your local firms this opportunity and by all the laws of distribution and economics payrolls will increase for your home town, your community will be wealthier and the value of your properties will be greater.

**BUYING AT HOME
INCREASES LOCAL PAYROLLS**



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Hico, Texas

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If we have it, it's good to eat.
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