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CIRCULATION BOOKS
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Texas Press

A Plea for Support.

Efforts in certain quarters to curtail and stop athletic competitions and sports in general will, if successful, do untold harm to American young manhood. Sport and athletics are vital factors in the physical development of the youth of the nation, and those who would discourage these things in war time are worse than "slackers."

For the army, young men of sound physique are needed, and young men of sound physique are developed on the athletic fields of our schools and colleges, on the baseball diamonds where week-end contests are staged by the boys and young men who spend their work-day lives in the factory, the store the office and the bank.

President Wilson, who is responsible to the people of this nation for the success of our soldiers on the battlefield, is a firm believer in sports and has officially urged that all forms of athletic activity be encouraged. He has especially deprecated the movement in certain colleges to suspend athletics for the period of the war.

Complaint is often made that the people of this nation have grown "soft" but there is no such complaint concerning the young men who spend their leisure time in the development of their bodies on the diamond, the track, the tennis court, the football field and on the water. When the time comes for the flower of the 10,000,000 men who have answered the registration call to take their places in the trenches of France and Belgium, alongside the young men of Great Britain and our allies in the fight for world freedom, the young men who has had athletic training will have a distinct advantage over his brother who has neglected his opportunities in this respect.

From that unknown port overseas, mentioned in newspaper dispatches as "The Base of the American Flotilla in Irish Waters," come reports of baseball games between teams representing different vessels of the fleet, showing that the American naval authorities regard sports of sufficient importance to interrupt even the strenuous task of chasing German submarines.

Back of the trenches in France and Belgium and all over England baseball is being played by the soldiers of the Canadian overseas expedition, and is fast gathering in its fascinating meshes the French, English and Irish soldiers. The Canadian and American lads who packed their kits an equipment of balls and bats are finding their allies adept pupils.

The plea that athletics in schools and colleges should be suspended in favor of military drill is generally made by persons unacquainted with the problems that have have to be met in the making of an army—often by "cranies" and "faddists" who are opposed to athletics on general principles. The United States army authorities know better. Baseball and other competitive sports are made part of the physical fitting of the student officers and enlisted men in the various training camps where the chief and only business in life is to make them into soldiers and to perform the task in the least possible period of time.

The American people should pay no attention to the writings and preachments of the "sporting slackers" and college alarmists, and greater attention than ever should be paid to the work of providing Young America with plenty of baseball and other healthful sports.—El Paso Times.

Anarchists and the Law.

Emma Goldman and Alexander Berkman are the tools of American anarchists. They are to serve long terms in the federal penitentiary and then deportation awaits them. Berkman is an ex-convict; Emma Goldman is a Russian anarchist and one of the most dangerous women in the world today. These arch plotters come from Russia. They were products of Romanoff tyranny. Russian oppression made them anarchists. They should be returned to Russia. Their is no place under Old Glory for a destructive anarchist or a social fire brand. They are against all forms of organized government. They teach that if people were educated properly they would not need any government. They say they are trying to educate the people. This is a government job and Goldman and Berkman should realize that the skilled hand of the law is more powerful than the vitriolic tongue of a professional agitator or a mob-inciting malcontent. This nation is engaged n the greatest war of history. This nation declared war in defense of liberty and humanity. There is no place under the flag for the enemies of the government and the flag.—Fort Worth Record.

How One Texas Farmer Defeated Dry Weather

He lived on the black, waxy prairie land almost due north of Dallas in a county that bordered on Red river.

His corn crop failed completely, but he never gave up!

His wheat and oat stubble land was untouched.

On the July 20 he started his wheat drill over the stubble, putting in sorghum cane.

On the same day he put four mules to a lister and began laying off rows, following immediately behind with a planter, putting in milo maize.

After the maize was in, June corn was planted.

The work was finished in three or four days.

When he planted these things the earth was dry and there was not a shadow of a chance for a seed to come up until rain came.

Rain fell in about one week after the last seed were sown in the dry earth.

The cane, the milo maize and the June corn made fine yields. Early frost nipped the corn just a bit, causing it to appear shrunken, but it weighed out 25 bushels to the acre!

Cane was cut with a wheat binder, maize with a row binder.

The farmer fattened ten head of hogs and fed twelve head over until next year's crop was made.

He ran a ten-mule force and fed the animals on these crops from the time of harvest until the next year's crop was made.

Moral: Never give up. One victory is recompense for a thousand defeats.

The corn crop of Texas is nearly nothing this year. Large areas are burned up so far as corn is concerned. Every acre of corn land that has failed and every acre of stubble land should be planted to feed and feed crops.

Take a chance! Remember that the world belongs to those who never quit.

Bankers and merchants should see to it that no farmer in their locality fails to plant fall crops by reason of lack of funds to purchase seed. Secretaries of chambers of commerce and executive officers of other business organizations should take steps to secure seed for their various localities.

We have all seen plenty of rain in July, August and September 5th, allowing a dry winter and early. Have seen it more than once. We may see it this year.

June corn, milo maize, Spanish peanuts and soy beans will make a crop in about 100 days. Other crops mature about as follows: Sudan grass 45 days; kaffir, 75 days; New Era cowpea, 60 days; Whippoorwill peas, 75 days; black eyed and whippoorwill peas, 75 days; butter beans, small variety 75 days. These crops can be grown practically anywhere in Texas if they are on by the end of the first week in August. Only a little rain on them is needed. Some have been grown when up even later.

STATE DEPARTMENT OF AGRICULTURE.
Fred W. Davis, Commissioner.

Many in Corpus Christi Try This Simple Mixture

Many Corpus Christi people are surprised at the QUICK action of simple buckhorn bark, glycerine, etc., as mixed in Adler-i-ka. This simple remedy acts on BOTH upper and lower bowel removing such surprising foul matter that ONE SPOONFUL relieves almost ANY CASE of constipation, sour stomach or gas. A few doses often relieves or prevent appendicitis. A short treatment helps chronic stomach trouble. The INSTANT, easy action of Adler-i-ka is astonishing. J. R. Smith, Drug ist.—Advertisement.

Food Thrift

The south has its command a variety of foodstuffs which can be used to excellent advantage as part substitutes for wheat flour in making bread and biscuits. Housewives are urged by specialists in the United States department of agriculture to try some of these in their bread making. Not only will they be able to effect a saving in household expenses, but by economy in the south the consumption of wheat flour brought in from other sections of the country, they will be helping materially to leave the railroads free to transport necessities.

Among the wheat flour substitutes recommended by specialists for the south are:

(1) Bananas, cassava, dasheen and sweet potato.

(2) Rice and kaffir corn.

(3) Soy beans and peanuts.

The substitutes in group one should be mixed with good white flour in the proportion of 1 to 3. The resulting bread is excellent in every way. Only a little less rich in protein than ordinary bread, it is much richer in minerals and other important constituents. Dried bananas should be used in making banana flour; the dasheen and the sweet potato may be boiled and then mixed with the flour, or the dried product may be used.

Rice and kaffir should be mixed with flour in the same proportion as the substances in group one—1 to 3. Bread made from kaffir is somewhat darker in color but richer in protein and ash than white bread. Brown rice flour mixed with wheat is also somewhat darker in color than white bread but it is as rich in protein and other food constituents. The use of polished rice does not add either to the appearance of the bread nor to its nutritive value.

Soy beans and peanuts are extremely rich in protein and fat. Flour prepared from either of them, when mixed with white flour in the proportion of 1 to 3, is well adapted to make a nutritious bread. Bread made from white flour alone contains less than 9 per cent protein, and only about 0.5 per cent of salt-free ash, while bread made from soy bean and wheat flour contains about 14 per cent protein and 3 per cent salt free ash. Bread made from peanut and wheat flour mixture contains about 12 per cent protein and about 0.82 per cent salt-free ash. Thus it is seen that even when only 1 part of these substitutes is mixed with 3 parts of white flour the resultant bread is about 40 to 45 per cent richer in protein and about 58 to 100 per cent richer in mineral ingredients other than salt.

TEDDY SCORES THOSE WHO EXCUSE GERMANS

(Continued from Page 1)

about these half-hidden traitors is that to attack America's allies while we are at death grips with a peculiarly ruthless and brutal foe, or to champion that foe as against our allies is to apologize for that foe's infamous wrong doing, to be false to the cause of liberty and to the United States.

"There can be no half and half attitude in this war, and no honorable man can afford to take such an attitude. We are bound by every consideration of loyalty and good faith to our allies, and any opposition to them, or any aid given to their and our enemy, is basely dishonorable as regards our allies, and treasonable as regards our country."

Colonel Roosevelt said that the claim that it was natural for American citizens of German origin to favor Germany was "nonsense, and criminal nonsense to boot," and added, "either a man is an American and nothing else, or he is not an American at all. We are akin by blood and descent to most of the nations of Europe, but we are separate from all of them. We are a new and distinct nation and we are bound always to give our wholehearted and undivided loyalty to our own country."

LITTLE SAVINGS

MEAT PIE

Here is an appetizing way to use that meat left from yesterday's roast. It is suggested by the United States Department of Agriculture.

Cut meat into fairly small pieces, place in saucepan with a little water, left-over gravy or soup stock to taste, and add seasoning vegetables as onions and celery, if desired. Thicken liquid with flour. Line baking dish with biscuit dough and bake in a medium oven.

If the quantity of meat is small, a little macaroni or sliced potato may be added.

Such pies to be at their best must be well seasoned.

NATIONAL EDUCATORS URGE IMPORTANCE OF DIVERSIFIED STUDY

WASHINGTON, July 3.—Suggestions for a program of school activities for different types of educational institutions during the war have just been issued by Dr. P. P. Claxton, United States commissioner of education. After pointing out that attendance laws should be enforced as usual, Dr. Claxton says:

"Parents should be encouraged to make all possible efforts to keep their children in school and should have public or private help when they are not able so without it. Many young children will lack the home care which they in times of peace, and there will be need of many more kindergartens and Montessori schools than we now have.

"The attendance in the high schools should be increased, and more boys and girls should be induced to remain until their course is completed. A school year of four terms of 12 weeks each is recommended for the high schools, as for the elementary schools. In the high schools adopting this plant arrangements should be made for half-time attendance, according to the Fitchburg, Cincinnati, and Kalamazoo, S. C. plans, for a large proportion of pupils as possible.

"All laboratories and manual-training shops in high schools should be run at their full capacity. In many of the shops work should be done which will have immediate value for the national defense.

"In all high schools in which domestic science (sewing, cooking, sanitation, etc.) is taught large units of time should be given in the summer and fall to sewing for the Red Cross and for local charities.

"Classes for grown-up women should be formed in which practical instruction can be given largely by lectures and demonstration in the conservation and economic use of food."

AUSTRALIANS CELEBRATE

SYDNEY, Australia, July 4.—The American national holiday was observed throughout Australia with a lavish display of the Stars and Stripes.

The Caller classified ads are money-getters and money-savers.

If You Are Looking For

"THE BEST OF IT"

in the way of Summer Vacations and would have Nature indelibly reproduce upon the ever-ebbing tablets of your memory hundreds of her sublimest and most ennobling

SCENES OF GRANDEUR

while also rapidly renewing your energies and affording unusual and delightful means of entertainment in the companionship of those whose experiences have made them broad-minded and hospitable, you will soon be on your way to some of the numerous Excellent Resorts in

COOL COLORADO

OR ELSE TO

Rocky Mountain (Estes), Yellowstone or Glacier National Park

or, better still, you may visit all three of them on a circle-tour ticket and at a surprisingly moderate expense!

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THE DENVER ROAD

NOTE.—The newly established Motor Trip from Cody to Lake Hotel (Yellowstone Park's Via SHOSHONE CANYON AND SYLVAN PASS is of itself worth the expense of entire trip.—W. F. S.

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Capital $100,000.00 Surplus and Profits $90,000.00

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FROM July 1st to August 1st we will give absolutely free a $2.50 patented Folding Ironing Board, such as illustrated, with every Electric Iron sold, priced at $3.90.

We have purchased a limited number of the famous SPRINGER Ironing Boards. We hope the supply will last throughout this sale. But we have our doubts. One thing is certain, they'll go fast. Every housewife who sees the SPRINGER Board wants one.

Illustration shows open and for moving about, etc. The extended supports give more the usual long ironing surface—enough for the length of a sweater, coat.

Come In or Telephone Today

Be Sure to Get Your Board

Don't put off coming to our display rooms or telephoning for your Board. This offer is so liberal we expect to sell hundreds of Electric Irons during the next few days—and we don't want you to be disappointed. You have always wanted an Electric Iron. You always need a rigid Ironing Board. Here's your chance to get both the Iron and Board for the price of the Iron alone. We'll deliver both to your home.

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