DO ALL YOU CAN TO PREVENT COLDS

# THE TEACOLA READ THE GOOD HEALTH ARTICLES

HEALTH ARTICLES

A Student Publication, Jacksonville State Teachers College

VOLUME FIVE

JACKSONVILLE, ALABAMA, WEDNESDAY, FEBRUARY 7, 1940

NUMBER TEN

### FALL QUARTER ALL "A" STUDENTS ANNOUNCED







Constance Mock, pictured on the left is an eighteen i team for three consecutive years; is assistant editor year old Sophomore sporting an all "A" college record. Her college record is supported by an equally good record in high school. In addition to superior grades, Constance also excels in leadership; she is social committee representative of the sophomore class; secretary to the social committee; co-society editor of The Teacola; reporter for Geography Club, Morgan Literary Society, and History Club; member of program committee in Dramatic Club; and is actively engaged in Young People's work in the Methodist church. Constance is a resident of Jacksonville and a graduate of the local High School.

John W. Harbour, pictured in center, is a junior making an all "A" record last quarter. John was valedictorian of the graduating class at Spring Garden in 1937. In addition to his scholastic endeavors, he has been a member of the Calhoun debating

of The Teacola; president of Calhoun Literary So- Glass, as being the first girl in the ciety; vice president of the Geography Club; secretary of the Y. M. C. A.; and is also active in the Methodist church work. John is a resident of Pied- Morgan and Calhoun, ever to rep-

Isabel Roper, pictured at right, is another membe of the junior class achieving an all "A" record last quarter. Isabel was a graduate of Jacksonville High School in 1936 and was co-valedictorian, Isabel als had an all "A" record in that high school. In addition to her regular work she is a member of severa clubs, namely, the Geography and History; is secre tary of the latter. Miss Jeanette Roper, sister of Isabe who is now teaching in Talladega, was also an a "A" student finishing in the class of 1938 with B. S. degree. Isabel is the daughter of Mr. A.

# Jax Students Shiver Government Class To Meet With Cham-During Abnormal ber of Commerce Cold Last Week

#### Two Faculty Members Injured In Falls On Ice

when the local thermometer drop- er i changes in the ped to between ten and twelve de- to the student body. grees below zero. Added to the The student body, which is the government.

#### Dr. Daugette Speaker At High School Assembly

Dr. C. W. Daugette was the wel-Jacksonville experienced the comed speaker at the High School cability and democratic provision coldest weather in the past fifty assembly Monday morning, taking The charter proposes a change from years during the recent cold wave the opportunity to announce sev- the existing Mayor and coun-

severity of the coldness was an second largest in Calhoun County, eleven inch snow, much of which crowded into the auditorium to ment is comparatively new in the luck! is still on the ground. Students hear Dr. Daugette, and after a de- smaller cities, especially in the

Dr. Charles E. Cayley will appear before the Jacksonville Chamber of Commerce at its next meeting order to present to that organize tion a model charter which will be suitable for the government of the city of Jacksonville.

The class has made a thoroug study of all forms of city govern ment and has drawn up this mode charter with a view to its pract ager and small council plan of city

from Anniston and Piedmont were votional had been presented by South, it is gaining widespread

# Morgan Debate Trio Announces Subject

## Chris Glass Breaks Local Tradition

First Girl To Forty-One Years

The TEACOLA and the entire college salute you, Miss Christine history of the two literary societies, resent one group or the other as a speaker in the annual debate. And the Morgan Literary Society is especially proud of you. You have succeded in doing what countless others have failed to do; you have animals stop growing as soon as had the courage to make the at- body reserves are used up, continue tempt once more, and this time, ahead of all you, your sisters who have failed, you have won! The so- bones and teeth, and for maintainciety realized this and sees in you ing the integrity of the nervous what it has worked for and what system. It functions in preserving the college has planned for since the health of epithelical tissue the beginning of the societies, for wherever that tissue is found in why have a division created es- the body-in the skin, in the eyes, pecially for women if its members and in the linings of the digestive, are to do nothing, to have a chance the respiratory, and the urinoto do nothing, to reward the effort. genital tracts. You, Christine, have been the first to make this dream come true- the eye is badly impaired by a you are the first to walk on an un- great deficiency of vitamin A, the trodden path, the leader of those who are to come. There have been phthalmia results. This disease was other activities among the women's common in various parts of Europe societies, such as basketball games, during and after the World War which have served their purpose when so many people were living Newbern Bush in making a cover in the school on near-starvation diets, and is schedule for girls, but these have still prevalent in the Far East, but not led back to the true reason for is seldom observed in this counthe existence of the organizations try. More recently it has been dis-

debate has opened up a new field served in this country-is lack of for you society members-the en- ability to see clearly in dim light, Mr. Reuben Self, who is at New tire society is behind you. Good or, what is usually called when York University studying on his it is severe, night blindness. There doctorate. The college, and especially the are apparently other types of hight Morgan Literary Society, salute blindness due to other causes, but

#### **Great Advances** Made In Study Of Vitamins

By Clara G. Welshaupt

During the last ten years great science of nutrition, especially in Speak In Debate In the field of the vitamins. In this article an attempt is made to state briefly the present status of our knowledge of these compounds. You will notice that the old alphabetic designations are giving away to new names that in some instances indicate the chemical nature of the compounds, but that some of the more recently discovered vitamins have no letter names at all.

Vitamin A has been found to function in the control of growth. When deprived of it, experimental to lose weight, and soon die. It is necessary for normal reproduction, for the development and health of

When the normal epithelium of characteristic eye disease xero--the literary nature. Your selec- covered that an earlier symptom

#### Pi Kappa Delta Subject Chosen After Deliberation

The Pi Kappa Delta question for inter-collegiate debating was preadvancement has been made in the sented by the Morgan trio as the subject for the local debate this year. The question as stated is: Resolved: That the United States should follow a policy of strict (economic and military) isolation toward all nations outside the Western hemisphere engaged in armed international or civil conflict. The Calhoun team have accepted the question and will announce the side they desire to uphold as soon as a decision can be reached

> It has been the custom of the past few years to use the question for inter-collegiate debating in the local debates to facilitate the development of a strong college debating team. In keeping with this plan we have received an invitation to debate at Auburn, and we feel relatively certain that others can be arranged.

> It is quite possible and probable that Jacksonville can develop a debating squad that could compare favorably with any in the state. There is a relatively large group on the campus actively interested in debating; several faculty members are engaged at present in coaching local teams; and the college possesses an excellent library from which to draw material. Debating will in the near future be bidding for top place in Jacksonville's inter-collegiate activities.

## To Serve As Principal

Mr. Bush graduated from the Jacksonville State Teachers Col-

#### In Falls On Ice

Jacksonville experienced the when the local thermometer dropped to between ten and twelve de- to the student body. grees below zero. Added to the severity of the coldness was an eleven inch snow, much of which is still on the ground. Students hear Dr. Daugette, and after a defrom Anniston and Piedmont were apparently snow-bound for a few days, but the local students (between snow battles) met classes with the usual regularity.

Dr. J. H. Jones and Miss Fannie Bush suffered falls on the ice following the snow. Miss Bush had a fractured arm and Dr. Jones a nicely. Many other falls have been reported but none has proved serious.

common sport since the snow came-not that snow is a novelty here, but eleven inches is. Some of the more artistic students spent their time building snow men and women, some of which bore rather accurate resemblances of certain characters on the campus.

Immediately following the snow the College administration had the walks and steps cleared of snow, and cinders, sand or sawdust was scattered along to keep the ice that formed from producing an added danger. The Physical Education Department has been fostering a program to prevent and bring under control colds. Through the cordination of the many branches of the college, everyone has enjoyed the weather and survived.

#### COLLEGE CAMPUS CALENDAR

Monday, February 5

2:30 P. M. 'Tony Sarg's Marionettes in "Robin Hood" at Kilby Hall

Wednesday, February 7

6:30 P. M. Coffer-Miller Players in "And So To Bed," in Kilby Hall.

Thursday, February 8

10:00 A. M. The Rev. James Montgomery, missionary on furlough from China, in a stereoptican lecture, at assembly.

Basketball game with Troy State Teachers College in gymnasium Thursday night.

#### Monday, February 12

10:00 A. M. Dr. Nat G. Long, of Emory University, under the auspices of the Wesley Foundation, at assembly.

Monday Night, February 12 Wesley Foundation, Hanquet, Daugette Hall; 6:30 p.

Dr. C. W. Daugette was the wel- charter with a view to its pract comed speaker at the High School cability and democratic provision coldest weather in the past fifty assembly Monday morning, taking The charter proposes a change fro years during the recent cold wave the opportunity to announce sev- the existing Mayor and coun-

> The student body, which is the second largest in Calhoun County, crowded into the auditorium to votional had been presented by Miss Grace Willard, and the alma mater had been sung, he was presented by Mr. Newbern Bush.

Dr. Daugette told of the leaving of Mr. Reuben Self, principal, for New York University, since the school had been closed on account of bad weather. He presented Mr. fractured rib. Both are recovering William J. Slay, who had been chosen as the new member of the faculty, and Mr. Bush, who will act in the capacity of principal, during Mr. Self's absence.

In an appealing manner, Dr. Daugette called on the student body for cooperation, pointing out the fact that the degree of success they might attain depended upon their own efforts, and the sense of honor and self respect which they might develop. No high school in the state has a better prepared faculty, Dr. Daugette said, and every one is doing his best to make the school one of which all will be proud. He stated that he was going to make every effort to enlarge and improve the building in order to furnish the proper facilities needed for a broader program.

#### William J. Slay New Member of High School Faculty

William J. Slay took up his duties Monday morning as the new member of the high school faculty. He will teach Mr. Self's classes. and relieve Mr. Bush of a part of

Mr. Slay graduated from the Jacksonville State Teachers College in 1933. He received his M. S. degree at the Alabama Polytechnic Institute in 1937. He has served as principal of the Ebernezer School in Chambers County; the New Hope School in Randolph County, and the Duck Springs School, in Etowah County.

His post-graduate work included a rnajor in administration and supervision, with a minor in history.

Mr. Slay is a native of Roanoke, he is married and has two children.

#### Junior Book Club Meets

The Junior Book Club held its ing of teachers for secondary eduregular monthly meeting Monday cation. night with Miss Evelyn Epsey as hostess. The meeting was called to Jane, will remain here while Mr.

(See Book Club on Page 4)

ment and has drawn up this model

ager and small council plan of city

Although this form of government is comparatively new in the smaller cities, especially in the South, it is gaining widespread recognition as being the most efficient and inexpensive plan of city government in use today.

#### Seniors Select Rings For This Year

The Senior Class met at 10:00 o'clock Tuesday, February 6, for the purpose of ordering class rings and pins and examining invitations.

Mr. Ragsdale, representative of the Stephens Engraving Company, of Atlanta, presented samples of the rings and invitations for inspection by the class and took orders for rings and pins. .



#### Mr. Self Now At N. Y. University For Study

Mr. Reuben Self, principal of the Jacksonville High School, left Tuesday morning for New York Uniwork on his Ph. D. degree. He received his B. S. degree at the Uni- acts: versity of Alabama and his M. A. from Peabody College, Nashville, Tennessee. He has been a member of the college faculty since 1927.

His decision to continue his study was made after the announcement that beginning next fall the high school would be used for the train-

sponsibility.

not led back to the true reason for is seldom observed in this coun- Principal the existence of the organizations try. More recently it has been disthe literary nature. Your selectovered that an earlier symptom debate has opened up a new field served in this country-is lack of as principal during the absence of for you society members-the en- ability to see clearly in dim light, tire society is behind you. Good or, what is usually called when

Morgan Literary Society, salute blindness due to other causes, but you, Christine Glass!

#### Grace Willard Chosen "Good Citizenship" Girl This Week

Grace Willard, senior in the Jacksonville High School, was chosen as "Good Citizenship" girl this week, and her name has been forwarded to Montgomery, where it will be entered with those from Dr. Wood To Go other schools of the state. Later, one of the names will be drawn as To St. Louis 'Good Citizenship" girl for Alabama, and the lucky girl will be given a trip to Washington by the D. A. R.

Miss Willard is the daughter of Mr. and Mrs. W. H. Willard, and is one of the most popular students in the school.

#### Tony Sarg's **Marionette Show** A Success

Tony Sarg and his troupe of famous marionettes stopped in Jacksonville long enough on Monday York University; Dr. Carl W. Bige-February fifth, to give a performance of Robin Hood, the well-known story of England during the days Rugg, of the Colorado State Colof knights, tournaments, and King lege of Education, Greely, Colora-Richard the Lion Hearted. The pre- da. sentation was attended by both adults and children, many of whom had never seen a play in which marionettes are the play actors. The children perhaps enjoyed the performance more than their elders, but the fascinating little figures which moved in every direction with gestures and expressions so like those of human beings excited many expressions of pleasure from versity, where he will continue the older members of the audience. The play was divided into five

- I. The tournaments at Nottingnam.
- II. Scene in Sherwood Forest. and Little John.

IV. The burning of Nottingham. V. Scene in Sherwood Forest.

Robin Hood, those of Robin, him- roasted over the big open fire, and Mrs. Self and their daughter, Marian, and Will Sculet, unto the drinks. Sheriff of Nottingham and King Dr. Wood, Gordon Pierce, and order by the president and opened Self is away, and Mrs. Self will Richard, were all present in the Bill Bullock, the flying instructors with the reading of the collect. A assume a part of the principal's-re- performance in the form of lose- acted as chaperons. Everyone rejointed, amazing marionettes.

in making a cover in the school on near-starvation diets, and is schedule for girls, but these have still prevalent in the Far East, but it is severe, night blindness. There The college, and especially the are apparently other types of night nutritional dysadaptation to darkness is improved by administering has been a member of the high vitamin A.

The best sources of this vitamin are various fish liver oils. Other good sources are green and yellow bama Polytechnie Institute, mavegetables and fruits, egg yolks, joring in mathematics. and milk fat.

The necessity for liberal amounts of vitamin A in the human diet has Group To Go To been established beyond a doubt, (See Vitamins on Page Four)

Dr. C. R. Wood, dean of J.S.T.C. will go to St. Louis, February 23 and 24, to attend the annual session of the American Association of Teachers Colleges. Some general topics of discussion at the Association will be "Evaluating our Procedures as we begin the Second Century of Teacher Education," "Significant Aspects of Teacher College Contribution to Cooperative Study of Teacher Education," and "Cooperative Study of Teacher Education "

Some of the outstanding speakers for the occasion will be Dr. B. D. Improve Your Wood, of Teachers College, Columbia University; Dr. E.F. Myers, New Personality low, member of the American council on Education; and Dr. Earl W.

#### **Aviation Class** Has Dance

spective Aces came "down to personnel director for girls, and earth" Friday night for their long anticipated party. Each member of leaflets. They are one cent each; the class was allowed to invite a guest, and thus a very nice crowd Education Association. was assembled. This affair was held at the Anniston Airport; it seemed impossible to get them altogether away from "airy" surroundings. III. The meeting of Robin Hood The guests spent an enjoyable evening dancing and entertaining themselves in whatever way they wished. Music was furnished by a The favorite characters from radio and victrola. Hot dogs were self, Little John, Jinso Luck, Maid food consisted of hot dogs and cold

ported a wonderful time.

# Dr. Daugette has announced Mr. Reupen Self, who is at New

York University studying on his doctorate. Mr. Bush graduated from the Jacksonville State Teachers College, receiving his B. S. degree, and school faculty for several years, He will complete work this summer on his M. S. degree at the Ala.

# Peabody

A committee composed of Dr. C. W. Daugette, Dr. Clara Weishaupt, Mr. E. J. Landers, and Dr. C. R. Wood will represent Jacksonville at a conference on curriculum revision at Peabody College in Nash. ville, February 15 and 16. At this time representatives from the Aiabama State Teachers Colleges and State Department or Education will meet with consultants who are specialists in curriculum work in an attempt to agree on a curriculum for the colleges.

This curriculum will be based on suggestions submitted by the Colleges, the State Department, and experts in the field.

Students at J. S. T. C. appreciate more and more just what is being done to help them personally and individually to become interesting people. In all classes and in all campus activities, personality development is stressed; we are told that a charming personality does not just happen, but that all of us may work toward perfection. If you are interested in a delightful little leaflet called "Personality in That "up-in-the-air" class of pro- the Making," see Miss Luttrell, "get in" on the first order for these they are published by the National

#### NOTICE!

#### Readers and Patrons:

Because an excess of copy for this issue, we have been forced to omit among the regular features of this issue, "Key-Hole Observations," "Edits and Torialls," and several other features; there has also been omitted a character sketch or two of several school personalities.

-Editor.

#### The Teacola

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### **EDITORIALS**

#### What Is America?

We, as American people, boast of this great nation of ours. We are proud that we live in such a great nation. But, is it truly great? Is our nation just the three branches of government? Is it our national resources and the products of our mines, factories, fields, and forests? Truly, we have all of these in great abundance, but the factor of the greatest importance is the citizens here in America themselves.

America is, therefore, the great body of its people-their aspirations and ideals, their work and their play, their strivings and struggles, their hopes or victory, and their heartaches in defeat. Each of us is a part of America, some kind of America. Together we are the America of today and the America of tomorrow.

We are a wealthy nation in material resources. Our national wealth is estimated at about 300 billion dollars. We have nearly thirty million families in America, and more than forty-six per cent of these families own their homes. America has sixty-eight per cent of the automobiles of the world and fifty per cent of the radios. We have nearly twenty million telephones or forty-nine per cent of the telephones of the world. Our standard of living is higher than that of any other nation in the world, the average wage earned being \$1,622 per year.

We shall now look at the other side of the picture. A major crime is committed in America every twenty-four seconds or about 450 each twenty-four hour day. Every forty minutes a murder is committed. An army of 3,500,000 persons commits about 1,500,000 serious crimes each year, and in that army of criminals more than 7,000,000 are boys and girls under eighteen years of age. More people commit suicide in America each year than in France, England, and Germany. For every school teacher in America there are more than four criminals. There are more than three and one-half as many criminals in the United States as there are college students.

There are also many good things in America, such as homes, schools, churches, and public play-grounds.

Public opinion can keep people straight and make lives happy, contented, and useful. Upon each of us rests the responsibility. There is work for all to do, each of us has some influence on someone else, and we as future school teachers should develop the feeling of responsibility for our nation.

Menage
Stalking at large over our country today is a sly foe that brings misery to humanity. Although it often slinks into lonely, out-of-theway places, it is more contented in crowds, where it meets large members of people and has many unwilling hosts to entertain it. This enemy is the common cold, and at this time, when epidemics of colds, influenza, and other respiratory irritations are sweeping the country, it is well to consider means of checking the spread of these ailments.

#### **Current Science**

By DR. KENNETH GARREN

#### PHOTOPERIODISM AND THE FLOWERING OF PLANTS

For some reason the general public has come to regard spring as the season of flowers. Perhaps this is due to the vivid contrast between the dreary, leafless vegetation of

winter and the green, blossoming vegetation of spring. Poets who write of "the flowers that bloom in the spring" undoubtedly help quite a bit in making "spring" and "flowers" seem synonymous. Yet, if we stop to con-



sider the matter for a moment, we must admit that summer and fall are also characterized by an abundance of flowers. There are a few hardy plants which even bloom in midwinter. Consequently it is evident that no season has a monopoly on the flowering of plants.

It is also evident that each seas son has its own characteristic plants, We all know that the narcissus and the hyacinth are spring blooming plants and the chrysanthemum and goldenrod are fall flowers. Yet we seldom wonder what it is in the pattern of nature which keeps the narcissus from blooming in the fall and keeps the chrysanthemum from blooming in the spring. As a matter of fact plant scientists themselves seldom bothered to wonder about the seasonal distribution of the flowering plants until the problem became of some commercial importance. When it did become worthwhile, in dollars and cents, to know why some plants are specific as to the season in which they will bloom the problem was attacked. Out of this study has come branches of plant science.

Photoperiodism had its birth a few years ago in a study of the growing of tobacco. A group of Dewould grow well and form large leaves in Connecticut. However, paid for a chair. when it was grown in Maryland it would flower, and form small

#### Did You Know? By Charles Johnson

There is no Company J in the United States Army. Colonel Charles K. Gardner, who is the author of the system of using letters for the companies and regiments of the Army, omitted the letter "J" because at that time (1816) the letters "I" and "J" were written alike

The Alaskan bull moose is the most powerful wild animal of North America. He is a fierce and courageous fighter and is a match for any foe. Specimens attain weights as great as 1,400 pounds and have antlers which measure as much as six feet from tip to tip.

If the discharge from an African spitting is received in the eye it will almost immediately cause blindness, and in some cases death. It has been observed that venom from this reptile can be accurate-

Damascus in Syria, whose continuous existence can be traced for 4,000 years, is believed to be the oldest inhabited city in the world.

The largest war vessel in the world is the British battle cruiser Hood which has a length of 860 feet and a beam of 105 feet.

There is an island called If. If is a rocky island in the Gulf of Marseilles crowned by a castle, the Chateau d'If, which was used as a state prison. Here were confined Mirabeau and the duke of Orleans (Philip Egalite) and others. Dumas in his "Count of Monte 'photoperiodism," one of the newer Christo" imprisons his hero in the

At the Reifsnyder sale in 1929 one of the celebrated Chippendale partment of Agriculture scientists mahogany wing chairs made by discovered that a certain type of Benjamin Randolph of Philadelphia is said to be the highest price ever

useless leaves. The temperature, sumption as food, clothing, or some moisture, and soil conditions were other commercial product, they are not sufficiently different between grown either for their flowers or plain these differences in growth, realizes that in order to have fruits The only apparent difference was and seeds of a plant we must first

# Ye Olde Gossippe!

Since last issue all the dirt in and around ye olde campus has been pretty well frozen; we have, however, been able to thaw a few alluvial deposits to a fair degree of tillibility . . . PAUL "DON JUAN" LANDT never says "quits." In fact his recent affair with one J. P. now seems to be completely forgotten, and PAUL is romancing with one J. F. He's going over with a CRASH, too . . . Social item: (Reader, for the most desirable effect, read with a slight tone of irony in your voice) A. HAND and K. SAVAGE attended the movies Friday evening. K. called for A. around 6:45 p.m. . . . Here's the best one of the week: EXCELL BAKER ("SHINE" to most of us) has changed his rooming place, and as a reason for such a rash action, the unconquerable "SHINE" stated that he was seeking a more secluded spot in which to study. What's the world coming to, anyway? . . . There's a NEW GIRL, who claims Centre, Alabama, the home of STEEDS, WESTER, RINEHEARTS, etc., as her home, staying in Daugette Hall. She's blond and pretty, boys, so go to work . . . There is a deep mystery in the Apartment Dormitory concerning towels in a ghost room (thanks to CHARLES CAYLEY, Jacksonville, Alabama) . . . This is no prediction, and there is no special significance, in so far as we know, attached to it, but we can't help noticing what a lovely couple MR. GARY and MISS REES make. Then, too, Mr. GARY seems to be extremely fond of dogs here of late, especially ones like MISS REES' Mickey . . . ROYER has been reading deep philosophy; we know he has because he is almost constantly quoting a statement taken from Schopenhaver. It is: "A man needs many women." Well, maybe KAT won't object, because she's on a FIVE YEAR PLAN . . . "CHICKEN" BATES now has another feather in his caphe can climb like a squirrel . . . When one goes, another comes; E. C. ly directed for a distance of eight is here, WAYNE is gone. Well, some sage has stated that one MILLER is better than none, and that two MILLERS are 'ell on wheels . . . Although we predicted some time ago that the INGRAM-SANDERS romance was on the rocks, these two love-birds carried on as sweetly as ever for some two or three weeks after said prediction. It appeared at the time that we were "cock-eyed," but it has now developed that same romance is quite definitely an object of the dim, but not distant past. If we may brag a little, we will claim a scoope at the expense of FRANCES and CARL . . . Advice to SARA FRYAR: "Go WEST, young lady, go WEST." Some time ago SARA started in that general direction, but we are afraid that she is geting slightly off her course . . . The old-timers are still trying to guess whether JONES and HOWE are Morgans or Calhouns. They alternate between the two societies, always attending the meeting at Bibb Graves Hall. Maybe Weatherly Hall is too close, or, if you prefer, not far enough away to afford a walk in the moonlight. Anyway, "WIMPY," as ROYER, has been reading quite extensively; he quotes Tennyson: "Like her I go; I cannot stay." FLASH: Dr. Cupid has announced that all campus lab classes will be resumed next week. As you all know, Dr. Cupid had to dismiss all students in his campus courses during the recent cold weather . . . WALLACE MORTON wishes to make it known through our column that he has a great desire for a sweetheart (the word "sweetheart" is MORTON'S, not ours) . . . Is VINES taking the place of HUDSON or WINSOR or MEADE? With apologies to W. C. Fields, we say, "we wonder, we wonder" . . . At last PAUL BROWN has broken down and given the "femmes" a break. It seems that the Apartment Dormitory attracted PAUL and he dated the petit MISS YATES last Friday night. We should say, perhaps, that MISS YATES dated MR. BROWN, because they were part of the group tobacco used as cigar wrappers (about 1760) brought \$33,000. This that made up the Leap Year's party. BROWN also bragged a bit, and stated that he was recipient of another invitation from MISS CONNIE B., incidentally, is not related to CLAUDE B.

F. RICE and V. LESTER are becoming quite ardent lovers. Well, power to you; you'll need it . . . "Betcha" F. PARKER will carry a pencil to MISS LUTTRELL'S class in the future . . . LEE HARRIS has a very nice hobby-he is collecting pictures of bathing beauties in the snow . . . The reason cannot be given just at this time, but M. FLOYD was quite "down and out" last week end . . . Two great lovebirds have finally gotten together. They are none other than MILDRED that the days were somewhat have flowers. We also realize that REED and CLARENCE HAMMOND . . . MISS GREGG has been happy shorter in Connecticut than in the leaves, stems, or roots of a as a lark since last Friday night, and has been heard singing, "That Maryland. By the simple procedure plant become less useful or entire- Man of Mine." Some believe she was referring to HODGES, who was

is work for all to do, each of us has some influence on someone else. witch it and we as future school teachers should develop the feeling of re- it would flower, and form small sponsibility for our nation.

Menace

Stalking at large over our country today is a sly foe that brings misery to humanity. Although it often slinks into lonely, out-of-theway places, it is more contented in crowds, where it meets large members of people and has many unwilling hosts to entertain it. This enemy is the common cold, and at this time, when epidemics of colds, influenza, and other respiratory irritations are sweeping the country, it is well to consider means of checking the spread of these ailments.

Experiments on human beings and chimpanzees indicate that colds are spread by germs rather than "Caught" by sitting in drafts, getting chilled, etc., as was formerly believed. So, all you martyrs who drag to and from work or school in spite of a genuine case of the sniffles, get this straight-nobody wants to be around you, and nobody wants

you around.

Cases of common colds outnumber other diseases twenty-five to one. The reason for this alarming ratio may lie in our social habits of sneezing in a crowded room, blowing our noses, shaking hands with someone else, putting our pencils or fingers in our mouths, and kissing.

Since a cold is more contagious in its first stages, immediate action is necessary to prevent infecting others with the germs. The considerate thing to do is to isolate yourself from others. This can best be done by going to bed at the first symptoms of a cold. The doctor usually recommends eating lightly and drinking plentifully.

Seeing Is Believing

Gradually the schools are being brought closer to the real problems in life that must be tackled sooner or later anyway by the youngsters. The six hours or so which youngsters spend in the classrooms each day are no longer completely dissociated from the outside world.

For some time, progressive teachers have been taking it upon themselves to bring to their charges at first hand those aspects of the community with which the kids will be concerned in a few yearsthe operation of the waterworks, museums, fire and police departments, courts, factories. The experiments have been largely successful.

Now, for the first time, however, an entire school system is going to tackle the problem and will present to small fry an attractive, centralized program related to the community. A committee of fifty persons in Des Moines, Iowa, will study all phases of the city's cultural, business, commercial, and political life to formulate a digestive program

The idea of the Des Moines experiment will be to get away from the hit-and-miss system of leading children around the city to observe industry and such, or bringing leaders in to talk to the kids without

bothering about the lack of correlation between topics. If the Des Moines plan works out, as it seems certain it will, it will be copied by school systems all over the country. Business, civic, and cultural leaders will be eager to cooperate. There is no more certain way of educating an inquiring youngster than to lead him right into

it is. That's how it works. Does that make it clear?"

Chances are it will. Seeing is believing-and understanding. Small fry will absorb lessons much more quickly if they can see what the teacher is talking about. Industrial processes need not be awesome mysteries, and the business of making laws doesn't need to be confined to the text books

Up to now, the chief difficulty has been that the lessons taught in this fashion have been spasmodic, unrelated, sketchy. There has never been a city-wide program that attempted to give anything like an ex-

haustive survey of all the aspects of a community.

Des Moines is trying to do that. The program is under the direction of Miss Alice Myers, who will organize the survey preliminary to inauguration of the new system. Miss Myers hopes, among other things, to supplement the knowledge gained through tours with followup- visits of persons qualified to discuss the topic on hand. The excursion to some business office will not be a Cook's tour and nothing else. It will be a moving and real demonstration of commercial techniques.

Youngsters who get that kind of picture of this city can't help being better prepared to take over the reins of management than their

elders were.-Anniston Star.

Is It All Necessary?

Sometimes I wonder if all this hurry from morning till night, this worry about this and that, and all the work and study of college life are necessary. Why should we get up in the morning and hurry to breakfast, then hurry to an eight o'clock class? At noon the same rush le repeatéd. We leave classes in a hurry for lunch. We eat hurriedly because we have something that just must be done before we resume classes after lunch, and so the day goes. But what does this rush accomplish us? What do we gain by this great rush of which we are all a part? Is it all necessary? Is it worthwhile? Well-maybe.

Not only are we, the college students, participants in this great rush and fast living of modern times, but men, women, and children are also a part of the mad rush toward-yes, toward what? I've often wondered just why we go in this never-ceasing, this tiresome run, from morning till night, not really night, but usually early the next

suggestion. I would suggest that we all sign a petition asking that friend.

useless leaves. The temperature, sumption as food, clothing, or some moisture, and soil conditions were other commercial product, they are not sufficiently different between grown either for their flowers or Connecticut and Marviand to explain these differences in growth, realizes that in order to have fruits The only apparent difference was and seeds of a plant we must first that the days were somewhat have flowers. We also realize that shorter in Connecticut than in the leaves, stems, or roots of a Maryland. By the simple procedure plant become less useful or entireof covering the Maryland plants ly useless for food or other products with a dark cloth in mid-afternoon when the plant begins to flower. A the days were shortened artificial- flowering cabbage, lettuce, or carly. As a result of a shortened day rot plant is no good for food, and the Maryland plants stopped flow- the leaves of a flowering tobacco ering and formed large, fine leaves. plant are smaller, and inferior in Later on Chilean strawberries were quality to those from a non-flowerintroduced into Maryland. When ing plant. The growing of plants as grown in Maryland these plants a profession, then, is reduced to a formed large leaves, but no flowers struggle to keep some plants from and fruits. When the strawberry flowering, and at the same time plants were subjected to a short- force others to flower. ened day by being covered in midafternoon the leaf growth stopped sary to control the flowering of and flowering and fruiting began, plants, may, therefore, be found in Thus it was discovered that the a consideration of photoperiodism. length of day, or the length of time Its practical applications are sim- Six Weeks More that a plant receives light during a ple. If we want a short day plant day, is usually the determining fac- to bloom in mid-winter we must tor in determining whether or not shorten the length of day by cova plant will flower and fruit. Some ering it with a dark cloth in midplants such as the Chilean straw- afternoon. Or if we want to keep berry and the familiar narcissus a long day plant from blooming in will form flowers and fruits when mid-summer we must also cover tightly wrapped up for the next the days are short, and form large it in mid-afternoon. If we should days are long. They are called bloom in the short days of winter today), he has been out to stretch flower in short days. Other plants by keeping an electric light on it his hole by an awful shadow. We such as cabbage and lettuce will for an hour or so each night. It don't suppose the weatherman form large leaves under short days, appears to be a matter of a short could be superstitious too, but he and flower and fruit under long time until every housewife and has predicted that there will be day conditions. Such plants are school teacher will use a knowledge another "cool spell" similar to the called "long-day plants." The length of photoperiodism in the growing one we are just emerging from. of time a plant receives light dur- of house plants. Flowers out of ing the day is known scientifically season are practical and worth- means at least another six weeks the middle of whatever it is he is studying and telling him, "See, there as the "photo-period," hence the while. It is doubtful, however, that before you dare venture into pubrelation of the length of day to the the growing of vegetables out of lic places in those light summer flowering of plants is known as season will ever be of commercial garbs. Not that we mind, but as

was Elowii III Mai Jia

'photoperiodism." When plants are grown for con- a large scale.

for their leaves. Everyone of source The basic scientific facts neces-

Mr. Roosevelt make all of us take life a little easier, meet our troubles and obligations without so much worry and use plenty of time to do whatever we undertake. In other words, we would ask him to slow down the fast living of the masses of people and make them take life and its many problems with a little more ease. We might also ask in this petition that no businesses, classes as school, no stores, or any other kind of work start before nine o'clock in the morning. He has changed the date of Thanksgiving, so why can't he do a little thing like slowing down this fast pace in which we live.

#### A Friend

At this crucial time in our history the matter of friendship seems to be of great value in keeping an optimistic attitude toward humanity. In thinking of this matter, it might first be wise for us to understand the clear and true significance of the word "friend." Mr. Webster would define a friend as one person joined to another by affection, or as an intimate, or confidant. And, of course, when we accept Webster's definition, we may feel sure that it is accurate, but, on the other hand, we must be certain that we understand all the slants and shades of meaning which he attaches to the word.

To begin with, a friend is not a cheap sort of person who will forsake you when the going gets tough; on the contrary, he will stick by you even when his own destiny is at stake. In short he will die for you

before he will let you down. Then, in the light of this situation, it is evident that there are only a very few people who may hope to attain the qualifications necessary to be called a friend. As a result, one is very fortunate if he has as much as one true friend, and if he is fortunate enough to have one, he certainly has a prized possession which cannot be bought with silver or gold. Thus it seems that our life's battle will not have been fought If I had a voice that could be heard the world over, I'd make a in vain if at the end we have one fellow that we can really call our

mic Decomine unive power to you; you'll need it . . . "Betcha" F. PARKER will carry a pencil to MISS LUTTRELL'S class in the future . . . LEE HARRIS has a very nice hobby-he is collecting pictures of bathing beauties in the snow . . . The reason cannot be given just at this time, but M. FLOYD was quite "down and out" last week end : . . Two great lovebirds have finally gotten together. They are none other than MILDRED REED and CLARENCE HAMMOND . . . MISS GREGG has been happy as a lark since last Friday night, and has been heard singing, "That Man of Mine." Some believe she was referring to HODGES, who was here last week-end . . . CAROLYN COGGIN and RUTH SANDLIN fell while the snow was here, and the sidewalk is now being repaired . . . "POP'S" old "flame" was here recently. Said "POP," "Boy, is she a JEWELL" . . . The latest, sweetest, and most interesting romance on the campus is now (despite the cold weather) blooming with all the freshness of spring between ARTHUR C. (CASSANOVA) DECKER and CLORA OTTINGER, Sand Mountain siren. Children will play, will they not? . . . At the last minute we learn that CECIL BIERLEY was also given a stand-up by one of the Leap Year Party girls. We could not, however, learn the names of the offender . . . WALLACE and NORTON-that's enough said.

Grande Finale: Hang around, fellows, it's just now, as HINDS says, the shank of the party.

# Cold Weather

Ho-Hum. Are you superstitious? If so, you had better plan to stay "short-day plants" since they we can lengthen its photo-period and was promptly scared back into

Too bad girls and boys, that importance unless undertaken on long as the traditional "sunny south" continues to receive its sunshine in the form of little white flakes, we feel that there will be little argument as to what will be

#### Why Colds Need Care

Ordinary colds are contagious and the germs that cause them are tion projects, is to foster in pareasily transmitted from one person ents, teachers, and other adults a to another. In the first stages of a social conscience and a responsicold, the greatest care should be bility for control and prevention of taken to keep other people from diseases in schools. There should catching it. One person may have be in every school some person in a light cold, but the cold another person catches from him may have cher or other school official, proserious consequences.

Colds of long duration may so weaken the body that ground is school pupils showing signs of broken for pneumonia, tuberculosis, health disturbance. Rememberand various chronic infections of early treatment means earlier rethe nose and throat. It is important, therefore, to clear up a cold as soon as possible.

Aside from the harm they may other sickness. They are responsiout of worker's pockets than do any single cause.

#### Means of Controlling Colds In School

The school, is constituted to act as a disease center, an assembler and distributor of children's diseas. six weeks for (provided the old es in the community, Educational leaves but no flowers when the want a long day house plant to ground hog isn't still hibernating authorities and health authorities are progressively adopting this motto: Isolate on suspicion and diagnose afterwards. Successful "Stay at home with a cold" campaigns have been conducted in several school systems. It is not considered sufficient to exclude from school all children with colds for the first two days of illness. Exclusion must continue as long as these children are sneezing or coughing or have any considerable nasal discharge. Treat the common cold like other highly infectious diseases and keep the child who has a cold out of school as long as he has symptons of the disease. The trouble with the present regime is that children usually stay in school just about one day too long at the beginning of a cold, when it is most contagious.

The chief duty in the school's disease-control program, in addition to developing of health-promoconstant attendance, either a teaperly trained and qualified, who is authorized to exclude from the covery from disease.

cause the body, colds are costly and ble for a greater loss of time from wasteful. They take more money school and work than is any other

# .. S O C I E T Y . At Daugette Hall

### Weatherly Hall News Forney Hall

Sara and Hilda Bishop spent the week end at their home in Lincoln.

Effie Hollingsworth spent the week-end at her home near Jack-

Miss Grace Roberts spent the week-end with her parents at Munford.

We wish to express out thanks to Mrs. R. K. Coffee for her contribution of The Saturday Evening Post for our reading room.

Glenda Landers spent the weekend with Louise Jones at her home in Heflin.

Ruth Drake, chairman of the Y activities at Weatherly, is a delegate to the state-wide Y convention to be held at the University of Alabama this week-end, February

Mrs. Frost had, as her guest last week-end, her son, Harry.

Weatherly Hall welcomes a former student, Madeline Wilson of Fairfax.

Miss Ila Mae Jones, of Cordova, and Miss Jewel Jackson, of Altoona, two former Weatherly Hall girls, visited here this week.

Mrs. Harry Dempsey, of Piedmont, paid a brief visit to Mrs. Davis Saturday afternoon.

Miss Marie Vaughn, of Heflin, a former popular student of J.S.T.C,. visited Louise Jones and Glenda Landers last week. She also visited the girls of Rowan's cottage and numerous other friends.

We regret to hear of the death of Mary Brewer's brother. Mary received her degree from J. S. T. C.

#### Calhoun Girls **Show Spirit**

The girls of the Calhoun Literary Society of the Jacksonville State Teachers College showed real spirit in their practice for the coming basketball game with the Morgan

Those girls who were out for practice Tuesday revealed the making of a good tearn. There was some skill at goal shooting shown by Plunkett and Couch.

The following girls were out for practice Tuesday: Erlene Couch, Thessel Bodine, Jessie Ruth Ashburn, of Arab; Thelms Norton, Glencoe; Neda Phillips, Anniston; Eva J. Plunkett, Douglass; Catherine McClendon, LaFayette; and Martha Green, Leesburg.

Others are expected to come for practice later in the week. Tests ton. and colds are two monsters that are holding up several girls from

Pascal White spent last week end at his home in Wedowee.

\* \* \*

There seems to be a general destruction of light cords, hot plates, irons, etc., since Jan. 31.

Wallace seems to have joined the Apartment Dorm throng. Senior too, eh, Walter?

\* \* \*

Mrs. Frost has given Wilfred Key a job in Weatherly Hall kitchen when Johnson isn't able to work. \* \* \*

Friday night an unusual rush was heard in the lobby of Forney Hall and feminine voices rang through out the Hall, but it was only the Apartment Dormitory girls having a leap-year party. With few exceptions, all boys returned safely. \* \* \*

Speaking of parties, Downs says he doesn't see why all the dormitories couldn't have leap-year par-

"Red" Machen is back in school, and the members of our dormitory are especially glad to have "Red" in Forney Hall. He is rooming with Estes Hudson and Pop Gregg, and Hudson stated that he now has a real roommate ("Pop" is never at

#### "Y" On Convention Program

Wallace Morton, president of the Y. M. C. A., presided over a brief staff-meeting at Weatherly Hall at 6:30 Wednesday evening. The staff passed on the following:

Convention.

Delegates: Wallace Morton, John Harbour, Vibert Forbes, Ruth Sandlin, Ruth Drake, Betty Williams, and Monta Jones.

Others attending will be Mrs. Evelyn Crow and Preston Hughes,

Transportation: By car, leaving the campus at 1:00 p. m. Friday, February 9th. Return Sunday af-

Program:

With Ruth Sandlin, president of Y. W. C. A., presiding 7:30 P. M. Friday, February 9th.

Song: "Onward Christian Soldi-

Devotional: Deut. 30:15. Vibert

Prayer: John Harbour. Song:

Message: "America's Great Need A Christian Youth," Wallace Mor-

The joint meeting of the Y. M.

# Over The Teacups

Cecil Bierley seems to be walking around in a trance these days. At breakfast he turned to Denson Allen with a bright smile and said, What are you doing tonight, Carolyn?"

Does anyone have a second-hand high chair for sale-cheap? We need one for "that little boy with the bow in his hair." (Better known as "Preacher.")

Who is that sassy freshman who grumbles everytime she is called upon to get a poor thirsty upperclassman a glass of water?

\* \* \* We wonder when Mr. Gary is ever going to get a set of those cups. He's been taking 'em out one

It takes Bruner to give consolation to the lonely; eh, Chris? \* \* \*

Ruth Sandlin can never seem to get to breakfast on time, and when she does appear she is not always all together. \* \* \*

We didn't know Mildred Latimer could make "such eyes" until the Millsaps appeared in the dining room. And couldn't you get one of them to sit in that vacant chair, Louise?

\* \* \* Who are those four girls who chase the boys away with snow balls after supper? Just look around for black eyes and missing ears.

Don't get excited, boys, if a freshman brings a neat little package to your plate. It may be only a baked potato, a grapefruit peel, or just a spare-rib out of the soup. \* \* \*

\* \* \*

There's something magic about Daugette Dining Hall: Every time appears.

If you find your pockets filled with carrots or celery tops, boys, think nothing of it. Willie has a mania for such

WANTED: 10 white waitresses, neat appearance. No dishwater blonds need apply. Apply Daugette Hall kitchen. - FIRING ALL FRESHMEN.

## Dr. Kenneth

Garren Speaks

At. Y. M. C. A.

## Daugette Hall News As You Like It

We are glad to have Miss Tevis Bell and Miss Wilma Sayers in

the dormitory.

Misses Louise Bryant, Carolyn Coggins, and Mildred Latimer were the guests last Sunday of Miss Geraldine Davidson in Alabama City. Miss Davidson is a former student of Jacksonville.

\* \* \* Miss Christine Glass is spending McClendon at her home in La-

Miss Ruth Sandlin is among those who will attend the Methodist Young People's Institute in Anniston beginning Sunday, February 4. \* \* \*

Gerry Reagan has moved againthe apartment this time. \* \* \*

There's been so much moving going on at Daugette Hall that one never knows where to find one anymore. Maybe that is the catch

### **New Students Entered Last Monday**

Several new students registered at the college Monday of last week, at the beginning of the last six weeks of the Winter Quarter. Their names will be of interest to the student body.

Tevis Bell, Centre, is a sophomore, and resides at Daugette Hall. She is the daughter of Mr. Ralph Bell, and attended Birmingham-Southern and Snead Junior Coll-

Curtis Casey, Collbran, is a fresh, man. The son of Mr. Oscar Casey. He graduated from the Mount Berry High School, Mt. Berry, Ga.

Vester Hollingsworth, Glen Allen, Orville Downs turns his head his is a sophomore. He is the son of dessert, salad, or what has he, dis- Mr. J. H. Hollinsworth and attended Florence State Teachers College, before transferring here.

John W. McCluer, the son of Professor and Mrs. Leon McCleur, reentered the college in the freshman class.

Otis Williams Mattison, Jr., Anniston, has returned to the college, his friends will be pleased to learn. He is a member of the junior class and a former student. He transferred to the John B. Stetson University, at Deland, Fla., last fall, but decided to return to Jackson-

Wilma Sayers, Detroit, Mich., daughter of Mrs. C. E. Williamson, and . niece of Mrs. Mabel Samuels, entered as a fresman. She is a graduate of the Highland Park High School, and has attended Highland Park Junior College. She resides at Daugette Hall.

By Jimmie Fibber

Hello Everybody, this is Jimmy Fibber, your J. S. T. C. reporter, bringing you the latest news of our Jacksonville boys and girls. (The TEACOLA does not formulate Fibber's opinions. He reports the news as he sees it.)

Flash! Last week we welcomed into our midst Miss Wilma Sayers, of Detroit, Mich. She enters as a second semester freshman. The boys the week-end with Miss Kathryn certainly are not overlooking her, and tongues are already wagging as to who will be her first pick.

Flash! We lost Wayne Miller to U. of A. but in his place returns G. C., his popular cousin. It's rumored G. C. has entered as many classes as possible so he can have more classes to cut.

Exclusive! All the boys who have been added to the list of suckers who fell for Goldigger Stockdale's "line" are forming a club. Those two redheads Kemp and Tarleton are battling for president.

#### Intimate Notes From My Little Black Book

the freshman class is showing, has left upperclassmen girls in a bad way for dates. The frosh are led by Alice Landham, Lump Pitts, Lib Pace, Kat Fleming, and Maurice Poole.

It seems a public scandal was avoided two weeks ago by Mom Gregg. We know the girls are grateful. Congratulations, Mom.

Several feminine hearts began fluttering upon the re-entrance of Otis Mattison to school.

Leading contestants for the position of flower girls are Merril Pullen, Edna Storey, Constance Mock, and Harbour's Lady X.

Bill Tarleton was separated from him friends Sanders and Landt by the crowd- at the Celtic game and Bill almost froze trying to find them.

Jane Felgar is given credit for the biggest blush when Norman Tant asked her to play several scenes from Antony and Cleopatra with him.

Among those studious students seen studying last week were Carl Sanders, Max Davis, John Coleman, Jimmie Parris, Kat Savage, Lib Bradford, Audley Bruner, Jack Dempsey, Kat McClendon, Christine Wooten.

#### Best Cracks of the Week

Mr. Hendrix summed up his generosity by saying to Bill Tarleton, "Let's go smoke one, Bill, if bell. you've got any."

Rating the Homances-New and Old Red Jones and Verona Newton-4 bells

Selen a Howe and Wimpy Jones-4 bells.

#### To Return To Cherokee Thursday

Dr. C. R. Wood and Dr. Samuel Thompson will return to Cherokee County, February 8, to attend conferences held at Spring Garden and Centre. These two members of the Jacksonville faculty are working on curriculum changes in that

#### Machen Back In School

Louis "Swede" Machen, who has been teaching in Lineville High School this winter, returned to school here this week.

Coach Stephenson, nead basketball mentor is all smiles about Swede's return, as he will add tonsiderable strength to the squad. Since he returned he has played in one game, against Millsaps College last Tuesday, in which he The parade of female talent that showed great ability. We expect him to see action during the rest of the season and to be one of the main-stays of our team. Machen is a senior and expects to complete his work at the end of the summer.

#### B. S. U. COUNCIL MEET POSTPONED

The weekly meeting of the Baptist Student Union was postponed Monday night because of unfavorable weather.

The next meeting will be held on Monday evening, February 5, 1940, at 5:30 in the home of Miss Frances Ingram. Every council member please try to be there.

Carl Sanders and Frances Ingram-3 bells.

William Ed Henderson and Amy Scott-3 bells.

Bismark Evans and Marg Fryar -3 bells.

Neal Royer and Kat McClendon -3 belis

Pete Blackwood and Ruth Higginbotham-3 bells.

James Jackson and Eva Jame Carpenter-3 bells.

Shine Baker and Merril Pullen-2 bells.

Gewin McCracken and Constance Mock-2 bells.

Paul Landt and Jane Felgar-1

Junior Thomas and Mary Alice Mange-1 bell. Snooks Cowart and Ruth Sandlin

-Uh -uh broke the bell on that one so I'll have to stop and say goodnight to you and I do mean you.

THE TOHOWING BILLS WELL OUT TOL practice Tuesday: Erlene Couch, Thessel Bodine, Jessie Ruth Ashburn, of Arab: Thelma Norton, Glencoe: Neda Phillips, Anniston: Eva J. Plunkett, Douglass; Catherine McClendon, LaFayette; and

Martha Green, Leesburg. Others are expected to come for practice later in the week. Tests and colds are two monsters that are holding up several girls from this enjoyable sport.

Eva J. Plunkett, of Douglass, is captain of the team, and Jessie Ruth Ashburn, of Arab, is man-

The president of the women's Norton, urges that every loyal ing competition between two thrivrolling together.

Song: "Onward Christian Soldi-

Devotional: Deut. 30:15. Vibert Forbes. Prayer: John Harbour.

Song:

Message: "America's Great Need A Christian Youth," Wallace Mor-

It's A Field Goal . . .

RASKETBALL is the sport of the present season

"program" and "social calendar" filled, if you go

to these engagements wearing one of the interesting

frocks from MANGEL'S lovely assortments.

. . . professionals and amateurs are on the

The college swing, the sport motif, is the pre-

dominant note in fashions. MANGEL'S caters to the

sophistication and youthful styles of the college

girl. A flash of color gives them "oomph" and the

ehic which one so desires. Short, full skirts, which are

so flattering to an attractive figure. Select your

wardrobe from MANGEL'S end-of-month allowance

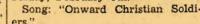
MANGEL'S

ALABAMA

ANNIETON,

The joint meeting of the Y. M. C. A. and Y. W. C. A. was held Thursday morning at 10:00 o'clock in the old library room with Ruth Sandlin presiding. Faith was the subject.

Mrs. Oden, a student, spoke. She division of the C. L. S., Thelma said in part, "I trust this morning we have our eyes upon the Lord. Calhoun back the team. There is We may obtain the things of life nothing better than good challeng- needed if we trust in God enough, I have tried to have faith in God.' ing literary societies to get a group This is the sixth time Mrs. Oden has been a student at Jacksonville.

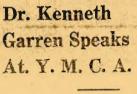


ed member of the local science demost enjoyable address to the Y. M. C. A. last Thursday, February 1 Dr. Garren spoke on the general theme of "The Need of the Chris-

Another example closer home

### Leap-Year Party

The first of its kind on the campus, Apartment Dormitory's Leapyear party, was pronounced the best of its kind by those who were lucky enough to rate an invitation. Sharply at seven o'clock, night of January second, the girls from the Apartments came across the way to Forney Hall, called for their dates, helped the gentlemen with their coats, and escorted them to town, even to walking on the outside of the sidewalk. Arriving at the theater, the ladies gallantly offered to purchase tickets, found the best seats, and helped to settle their dates comfortably in them. Following the picture, the party moved on to Bill's Sandwich Shop where the girls once more footed the bill, being in every respect the perfect hostesses. Back to the dormitory at ten by way of Forney and then the Apartments. What the girls thought of the party has not been recorded, but the gentlemen pronounced the affair a definite success! What they want is more



Dr. Kenneth Garren, an establishpartment and an ardent worker in the Young People's Department of the Methodist Church, delivered a tian Choice." Several examples were given to show most vividly how the Christian Choice affected one's life. Dr. Garren stated that on the death of the late head of the Forestry Department, people didn't say, "What a wonderful scientist he was," though that was really true; instead they said, "What a fine Christian man he was." His character stood out much more vividly than his achievements and at that he was considered about the most capable man ever to head the Forestry Department.

was that of a football player from Georgia Tech. This boy was an excellent player and diligent church worker. Was he a "sissy?" Well, perhaps, but he was considered the most eligible man on the campus with the women and an All-American football player. The Christian Choice is the best choice, therefore the logical one for us all

and more of them.

Best Cracks of the Week

but decided to return to Jackson-Mr. Hendrix summed up his generosity by saying to Bill Tarle-Wilma Sayers, Detroit, Mich., ton. "Let's go smoke one, Bili, if daughter of Mrs. C. E. Williamson, you've got any." and . niece of Mrs. Mabel Samuels, entered as a fresman. She is a

transferred to the John B. Ste

University, at Deland, Fla., last fall,

graduate of the Highland Park

High School, and has attended

Highland Park Junior College. She

Miss Madeline Wilson, Fairfax,

a former popular student, has re-

entered as a freshman. She is a

member of the junior class. Miss

Wilson resides at Weatherly Hall,

and was active in church and school

activities during her two years on

resides at Daugette Hall.

the campus.

Rating the Romances-New and Oli Red Jones and Verona Newtonpelis.

Selena Howe and Wimpy Jones-

Gewin McCracken and Constance Mock-2 bells.

Paul Landt and Jane Felgar-i

Junior Thomas and Mary Alice Mange-1 bell.

Snooks Cowart and Ruth Sandlin -Un-uh broke the bell on that one so I'll have to stop and say goodnight to you and I do mean you.

#### PROFESSIONAL DIRECTORY

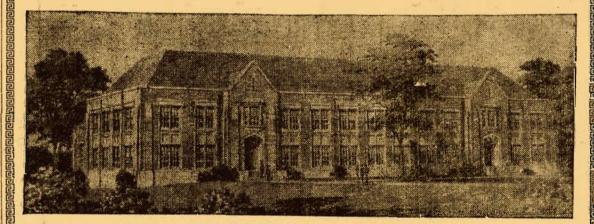
Compliments DR. A. J. BEARD Dentist

Compliments DR. F. M. LAWRENCE Dentist

# Jacksonville State Teachers College

Jacksonville, Alabama

Established 1882



The new gymnasium where the Sixth District High School Tournament will be held. The tentative dates set for the tournament are February 22-23-24.

#### SPRING QUARTER OPENS MARCH 12

Registrations are being made for the Spring Quarter which begins March 12. Special Advantages Offered for Professional Teachers, with Courses leading to B. S. Degree.

C. W. DAUGETTE, President

# Jax Cagers Defeat The Strong Millsaps Squad

#### **Dixie Conference Leaders Turned** Back 45-36

The powerful Millsaps cage outfit from Jackson, Mississippi, invaded Jacksonville Tuesday night, January 30, only to be turned back by a superior Jax quintet by a score of 45-36.

Millsaps is now leading the Dixie Conference, and they have defeated Howard College, Birmingham, on two different occasions this season. Jacksonville, however, does not hold membership in the Dixie Conference; they belong to the S. I. A. A. Comparative scores are not, of course, any too reliable in estimating the strength of a team, but just for the sake of comparison, we will further point out that Howard College defeated Auburn, a powerhouse in the Southeastern Conference.

The local team was strengthened by the return of big "Red" Machen. guard, to the line-up. Machen was the original "old reliable" of the squad last year; he was also captain of the team. "Red" has been teaching in Lineville High School Justice until recently. He dropped his position there to enter school here of the middle of the winter quarter.

The game was played by twentyminute halves, and the score read, Jacksonville 22, Millsaps 14, at the end of the first half.

Sam Bailey, Jacksonville, and Walters, Millsans, each made four personal fouls and were removed from the game late in the last half. "Pop" Gregg had three fouls to his credit at the half, but he remained in the game until the end without making another.

Our two crack forwards, Bailey and Gregg scored high for the locals. They made 18 and 13 points respectively. Hudson was good at guard, playing, perhaps, his best game of the current season. Machen has already been mentioned. but he, along with Kemp played. superb defensively. Kemp was a little wild with his shooting and failed to register in the count column.

Tynes, tall Millsaps forward, was high for the visitors. He stripped. the net for a total of 15 counters. Jacksonville

The Eagle-Owls shot 10 free shots, making 5 of them! Millsaps made 8 of 15 attempts.

Griegg Jacksonville expects to play Mill-Worthy

### Basketeers Murray Five Successful On Turns Local Florida Tour

Coach Julian Stephenson recently escorted his cage proteges through successful week of campaigning hrough South Alabama and Florida. The Jax cagers met and local floor. defeated three strong teams when they came out on the long end of out in front in the first minute of the horn against Troy Teachers, Rollins College, and Southern Colege. Rollins and Troy are S. I. A. A.

Pop Gregg, Sam Bailey, and Red Kemp led the scorers on this trip with 41, 30 and 25 points respective-

Phillips, Rollins College center. scored 28 points against the Eagle-Owls in a vain effort to lead his mates to victory. The final score was 52-51 in favor of the Jacksonwille lads.

#### Jacksonville 52; Rollins 51 G. F.G. T.P. Rolling Jones 5 4 14 Phillips

Daugnerty	U	U	U
Tingerfelt	3	1	7
Brankert	0	0	0
Tolson	0	0	0
		-	-
'Total	22	7	51
Jackson ville	G.	F.G.	T.P.
Balley	9	0	18
Gregg	8	0	16
Kemp	2	4	8
Hudson	0	2	2
Friedman	0	0	0

Kemp	2	4	{
Hudson	0	2	- :
Fried man	0	0	(
Worthy	2	0	4
Lyles	2	0	4
Bates	0	0	(
	-		-
The second second		_	

	Jacksonville 47; Sou	thern	Colle	ge 45
	Southern College	G.	F.G.	T.P.
ı	Scarbrow	7	2	16
	Lay	6	4	16
	Smith	4	1	0
	Hendrix	0	0	0
	Kirkland	0	0	0
	Woods	1	0	. 2
	Biddle	0	2	2
	STATE NIDAL		1	A STATE OF

Elailey

Kemp

# G. F.G. T.P.

Quintet Back Jacksonville met their strongest college foe, perhaps, of this season last Saturday night when they played Murray, Kentucky, on the

Culp, star forward, put Murray play when he registered two points by scoring a long field goal; Cornell made it 4-0 soon after, but Jacksonville almost evened matters when "Pop" Gregg scored 2 points and "Red" Machen 1. This was the nearest Jax came to overtaking the boys from Kentucky until just before the half, at which time Sam Bailey made two consecutive field goals, tying the score at 17 all. Salmons, Murray center, broke the dead-lock and the Eagle-Owls were never able to overcome their opponent's gradually increasing lead.

The game was played by halves of twenty minutes each.

Salmons, Culp, and Steffin played outstandingly for Murray.

Sam Bailey was high score man of the game with 20 points to his credit; Salmons, for Murray, made 19 points. Gregg, who was moved from his forward position to play center, made 12 points, Machen played his usual good game at

In the preliminary contests, Millerville High School, coached by Henry Lee Greer, J. S. T. C. graduate, defeated Jacksonville High School by a score of 31-24, and Alexandria bested Spring Garden

The Jacksonville-Murray line-ups were: Jacksonville: S. Bailey (20) and Friedman (8), forwards; Gregg (12), center; Kemp (2) and Machen (4), guards; and Hudson (4), Wallace (2), Lyles, McMichens, H. Bailey, and Lindley.

Murray: Culp (13) and Carneal (6), forwards; Salmons (19), center: McKeal (2) and Murray (2), guards; and Steffin (13), Wilson (1) and Haines.

#### Frosh Defeat **Anniston Quintet** Here 45-33

#### ALUMNI DEPARTMENT

ALUMNI OFFICERS

C. W. DAUGETTE, Jr., President MABEL SAMUELS, Secretary R. LISTON CROW, Treasurer

MRS, R. K. COFFEE, Editor

at the University, he returned to

this county to engage in the prac-

tise of law, and lived in Jackson-

of Piedmont for several years be-

fore taking the position as treasur-

er. During the World War he serv-

Two members of the alumni are

running for positions of county

superintendents of education, in

their respective counties; Irby C.

Powell in DeKalb County, and

Pierce S. Owens, in Chambers

It will be of interest to members

of the alumni to learn that the for-

mer Lucy McGraw is now Mrs.

Bill Darden, and resides in Mont-

Miss Tevis Bell, of Centre, reg-

stered at the college last week. She

ed with the U.S. Army.

County.

gomery.

#### BIOGRAPHICAL SKETCH OF DR. ROBERT B. REYNOLDS

A member of the Jacksonville State Teachers College alumni, frequently pointed to with pride by President C. W. Daugette, and members of the student body and faculty, is Dr. Robert B. Reynolds.

As a young man, Robert Reynolds entered the Jacksonville State Norman School, now State Teachers College. He made an admirable record and completed the two year course. Following his graduation, he taught science and athletics the



DR. ROBT. B. REYNOLDS

second semester in the Cherokee County High School, at Centre, in 1921. From 1921 to 1923, he studied Chemical Ingineering at the Alabama Polytechnic Institute, receiving his B. S. degree. He taught chemistry in the Lee County High School during his junior year at Auburn and taught Freshman Chemistry at Auburn during his senior year. He was a member of the 1923 summer school staff at Auburn.

From 1924-28, he was professor of freshman chemistry at the University of Wisconsin, while studying and doing research in Organic Chemistry and Biological Chemistry for M. S. and Ph. D. degrees, receiving the former in 1926 and the latter in 1928.

Dr. Reynolds joined the chemistry staff at Northwestern University in the fall of 1928, where he has been since. His principal interest in teaching has been in the field of general, organic, inorganic and biochemistry.

During the summers of 1929 and in Lulin, Texas. 1930, post-graduate work was done

#### Vitamins

(Continued from Page One) for both children and adults, but of course it it particularly important for children because of its effect upon growth. Probably many people, both children and adults, might improve in general health by taking a more abundant supply of foods rich in vitamin A.

Thiamin, or vitamin B, is necessary for good appetite and good ville for a year, before moving to digestion, and is important in the Anniston, where he established his normal process of oxidation in the body from which we get the energy that makes us "go." A lack of it Mr. Clyde Brittain, also an alumcauses the great changes in the nus of this school, is in the race nervous system resulting in the for probate judge. Mr. Brittain has paralysis, muscular atrophy, and served for the past several years other symptoms that constitute the as the efficient treasurer of Caldisease beri-beri. This disease is houn County, making an enviable seldom found in our country, but less severe disorders may result record in this capacity. He was emfrom a partial lack of this vitamin. ployed by the First National Bank

It might be supposed that since thiamin is present in almost all plant and animal tissues there is no danger of a deficiency, but though widely distributed it occurs in only small concentrations. It is fairly easy to plan a diet adequate in other respects but lacking in thiamin, and probably there is frequently a shortage of it in American dietaries. The whole grain cereals are our best sources of it, especially the whole grain breads. Legurnes, other vegetables, egg yolk, and lean meat, especially internal organs and pork, are also sources, but a considerable quantity of the vitamin in these foods may be lost by destruction in cooking and by discarding of the cooking water in which the vitamin is dissolved. Dried brewers' yeast is the richest natural source.

Ascorbic acid or vitamin C is necessary for the formation of the cementing material between body cells; and hence is important in the building and maintaining of bones, teeth, and all other structures of which this intercellular material is the foundation. In extreme cases the weakness of the material between the cells of the capillary walls, due to a lack of ascorbic acid in the diet, results in bleeding from the tiny blood vessels into the tissues. This condition along with sore joints, bleeding gums, loosened teeth, and fragile bones, is included in the widespread disorganization that makes up the disease called scurvy. Scurvy was the bane of explorers in the early days. It was not uncommon for a sailing vessel to return from a voyage of several months with many of the crew ill or dead from scurvy. Lind established, in 1747, that lime juice (lemon juice, as we call it) would prevent the disease, but it was almost fifty years later that the British Navy began to ration lime. juice regularly to the sailors. They

substance in lemon juice is, but

was accompanied to Jacksonville by her brother-in-law, Ernest Coley, a former student, who is now in business at Centre. Mrs. U. S. Bowman, of Pisgah,

s enrolled as a student. Her husband, a former student, is now a merchant at Pisgah, and will be remembered by the alumni as having been a member of the band and glee club.

\* \* \*

Miss Ada Holcomb, of Calera, assists her father in his mercantile business in her home city, her friends will be interested to know.

Edwin Pitts, son of Mrs. Ada Pitts, Daugette Hall house mother, is engaged in the wholesale business in Sylacauga.

The former Geraldine Gracey is now Mrs. S. P. Wands, and resides clid not know that the protective

superb defensively. Kemp was little wild with his shooting and failed to register in the count column.

Tynes, tall Millsaps forward, was high for the visitors. He stripped the net for a total of 15 counters. The Eagle-Owls shot 10 free shots, making 5 of them! Millsaps

made 8 of 15 attempts. Jacksonville expects to play Mill-

saps again this season when they make their annual road trip through Mississippi and Louisiana.

Line-ups:

Jacksonville: Bailey (18) and Gregg (13), forwards; Kemp, center; Hudson (7) and Machen (4), guards; and Friedman (3) and

Millsaps: Tynes (15) and Carter (6), forwards; Dear, center; Ward (10) and Richardson (3), guards; and Adcox, Williams (1), Taylor and Walters (1).

#### "Sadie Hawkins Week" Held At **Daugette Hall**

Vieing foir attention and interest with the Apartment Dornillory's Leap Year Party of Priday hight, February 2, this week we find Daugette Hall girls celevating "Sadie Hawkins Week!"

The purpose of this is to show the boys just how the girls'd like to be treated. That is, for cour days, Wednesday through Saturday, the fair lasses of Daugette Hall will ask the boys for dates (or; perhaps, a few campuls courses).

They will sall for their boy triends and treat them just as they would like the boys to treat them. You Romeos who think you'll get to date your one and only all the time had best cool your arder and also a member of the S. I. A. A. get busy trying to rate a date with someone else, for she's certainly not would put the Eagle-Owls closer going to be partial to rou. It's one to getting an invitation to play in of the rules, I hear, that no girl this year's tournament. Jacksonmay date the same boy twice this ville defeated Troy earlier this week end. The celebration will end season by a score of \$5-23. by mass attendance at the "Horse Opera" Saturday evening. Better be the first for the locals since try to get on the "best" list, for they met defeat at the hands of only they will get britised Saturday the strong Murray, Kentucky, Outnight, I'll bet. Don't worry about expenses, boys, the girls will buy you some pop-corn, and if you're real sweet, a coke perhaps.

#### Book Club

(Continued from Fage One) brief business session was held in which the Golden Jubilee and yearly reports were discussed.

rendered by Miss Jane Felgar, who ed that some fifteen car loads of gave the life of Vachei Lindsey, a Saks fans are planning to attend modern American poet, and read the game. one of his selected poems.

the hostess served a delicious plate game. A part of the stands will be to the following members: Con- used for a Cheering section-Ingram, and the hostess.

Hendrix	0	-0	0
Kirkland	0	0	0
Woods	1	0	2
Biddle	0	2	2
Selection of the select	Lunday.	a em	100
Totals	18	9	45
Jacksonville	G.	F.G.	T.P
Bailey	3	0	6
Gregg	8	0	16
Kemp	4	1	9
Worthy	2	1	5
Friedman	0	1	1
Lyles	1	1	3
Hudson	0	1	1
Bates	2	2	6
		-	-
Totals	20	7	47
Jacksonville	e 35; Tr	оу 23	
Jacksonville	G.	F.G.	T.P
Bailey	3	0	6
Gregg	4	1	9

١	Jacksonville	G.	F.G.	T.F
	Bailey	3	0	6
i	Gregg	4	1	9
ì	Kemp	4	0	8
	Worthy	0	0	0
ı	Hudson	1	1	3
ı	Lyles	0	2	2
١	Bates	0	0	0
1	Friedman	2	3	7
	15.00 B (15.00 B)		-	-
Į	Totals	1	4 7	35
١	Troy	G.	F.G.	T.F
l	Scarbrough	3	1	7
	Scarprougn	4.7		
i	Ward	1	1	3
	Ward		. 1	3
	Ward Novred	1		3
	Ward Novred Golden	1 3 0	1	3 7 1
	Ward Novred Golden Dazier	1 3 0 2	1 1 0	3 7 1 4
	Ward Novred Golden Dezier Hagley	1 3 0	1 1	3 7 1
	Ward Novred Golden Dazier	1 3 0 2 0	1 1 0 1	3 7 1 4 1
	Ward Novred Golden Dezier Hagley	1 3 0 2 0	1 1 0 1	3 7 1 4 1

#### Eagle-Owls To Meet Strong Troy Quintet

The local cage team is scheduled to meet a strong five from our sis. ter college, Troy S. T. C., Thursday evening, February 8. Troy is conference, and a win over them?

Triursday night's encounter wu! fit last Saturday night. Coach Stephenson has announced that the boys have had plenty of practice and time to recuperate from the trying Murray game and that, with no bad breaks, this game should be placed in our win column.

The preliminary game is to be between Saks and Friendship, two strong teams. Both outilis are supported well by their followers, and A very interesting program was Mr. C. S. Smith, Saks coach, stat-

If present plans develop, the sol-

Murray: Cuip (16) and Carneal (6), for wards; Salmons (19), center: McKeal (2) and Murray (2) guards; and Steffin (13); Wilson (i) and Haines.

#### **Frosh Defeat Anniston Quintet** Here 45-33

Last Monday night the Freshmen, taking on a game with the Anniston High School which the local high school could not play because their opponents into camp decisive-

The game opened up like a runa-way for the Baby Eagle-Owls, the first haif ending 29 to 13. But with frequent substitutions and Honorary Chemical fraterrity, careless play they enabled their Gamma Sigma Epsilon Honorary opponents to score 16 to 2 in the third quarter. But with Bagwell, entific Society. He was a member Sadler, Meharg, Gant, Mitchell and of the Chemical Warfare Reserves Williamon back in the fourth quar- of the U.S.Army from 1924 to 1935, ter, they pulled away again to a as first lieutenant. He is a member nine-point margin at the finish.

times. They will be heard from in Section, in the Chicago Section, he

	J. S. I. C. Frosh	G.	F.G.	TF
	Maddex	0	û	0
	Meharg	0 7 6 0 4 2	1	15
	Mitchell	6	0	12
	Smith	0	0	0
	Elagurell	4	4	12
	Hale	2	0	4
	Sadler	0	0	0
	Williamor	Ō	2	2
	Machen	.0	0	0 0 0
	Gant	0	0	0
֡	Waliana	0	0	0
	Wheat	0	0	0
	Fotais	19	7	45
	Anniston H. S.	G.	F.G.	45 F.b 9
	O'Brien	3	3	9
	Doss	3		7
	O'Brien Doss baie	2 2 0	0	At.
	R. Joidat	2		6
	Collins		0	0
	Colums L. Jordan	1	0	2
	McClelland	1	1	6 0 2 30 3
	Johnson	1	0	2
	Fotais	13	7	33

Referee, Kemp; Umpire, Hudson; imer, Bush.

#### Letters Given To Football Men

Coach Dillon presented tweive cotball squad, in assembly Friday.

Those who received letters and jackets were Estes Hudson, Glady Elmore, Flemon Meade, Bud Simp- as delegate at large to the National son, Charles Simbson, Tom White, Orville Downs, Hoyt Belvest, battl Small, Tuerman Wilson, and Lo-

feceiving the former in 1926 and the latter in 1928.

Dr. Reynolds joined the chemie try staff at Northwestern Univer sity in the fall of 1928, where he has been since. His brincipal interest in teaching has been in the field of general, organic, inorganic and biochemistry.

During the summers of 1929 and in Lulin, Texas. 1930, post-graduate work was sone in the field of the biological sciences at the University of Chicago. Researches and publications have been accomplished in organic and school had been disraissed, took inorganic themistry, and tonsulting work in various fields of chembr. Reyonlds is a hismber of

Alpha Chi Sigma Professional Chemistry fraterhity, Phi Lambda Chemical fraternity, Signa Xi Sciof the American Chemical Society, Anniston showed a lot of ag- both the national organization and gressiveness, almost too much at the local thapter, of the Chicago the district tournament, we be- has served on the Board of Trustees, as chairman of the bublic Representatives Committee, chairman of the Ihorganic and Analytical Division for two Years, and Word, Gadsden, who reseived her chairman of the Organic Division B. S. Gegree. Miss Eva Riddle, for three years. He is now serving daughter of Mr. and Mrs. E. A. as assistant editor of The Chemical Riddle, Heflin, received her two-Bulletin, the official organ of the year certificate. Chicago Section and fifteen other mid-western sections. He is a mamber of the Chicago Chemist Club, a social organization, serving secretary for three years, tirdl vice-president one year, and as president in 1938 1939, 15 w's]; as a member of the Board of Trustee's for six years. He is a nember of the American Association of University Professors.

In 1933, Dr. Reynolds was married to Miss Marjorie Eastwood, and they now reside an Evanston, Illinois, at 2505 Fawndale Avenue.

#### AL UMINE PROMENENT IN POLITICALL FIELD

A number of Jacksonville State Teachers College allimni are bro minently mentioned in various bolitical races in the state, Which will be of interest to students and alunni.

Colone, Harry M. Avers, publisher of The Annistor! Star, has announced his candidacy for a Place Democratic Convention.

Mr. H. H. (Hub) Lvans, class of well Davis. Fire more lackets are linese in Calnoun County, surject to come. They go to Bernard Treece, to the May 7 printary. Mr. Evans Franklin Richardson, Ed Colvin, f. served as principal of the local high The meeting was adjourned and lege band will be present at this T. Hoit, and Donald Worthy.

School following his graduation here, and was later principal of the to the following members: Constance Mock, Louise Weaver, Jane: The preliminary will start at 6:30 the acless that he expects to have that bosition to their spirit and character. Springville high School, wing up that bosition to their spirit and character. Springville high School, with a better team next year, with all law at the University of Alabamy. but one of the lettermen returning After receiving his degree in law

Edwin Pitts, son of Mrs. Ada Pitts; Daugette Hall house mother is engaged in the wholesale busi-hese in Sylacauga.

The former Gergidine Gracey is now Mrs. S. P. Wands, and tesicles

Mrs. John F. Causey (Sara Alice McGraw) makes her home in Hollywood, Florida.

Mrs. H. L. Warren, a former student who has been in school this winter, recently spent some time in mendation that fresh raw fruits Gaasder hospital at the begside of her brother Dr. I. L. Dowger who passed way about two weeks ago. At his bedside also was his daughter, Mrs. Bill Odum, Jr., the former Bell Dowdey, also an aluna has, who now resides in Cincinhati, where her huswand is super intendent of twenty-two stores for the Kroger Gracery chain Stores.

Added to the list of graduates is the rame of Miss Veda Word, gaughter of Mr. and Mrs. J.

not neom vessel to return from a voyage of several months with many of the crew ill or head from scur vy Linde established, in large, that lime just (lemon juice, as we ball it) vould prevent the disease, but it was al. most fifty years later that the British Newy Segan & Pation lime. juice regularly to the sailo's They did not know that the brother ve substance in lemon luice is, but fruits are excellent sources of as-corbic acid, as are also tomatoes raw cabbage, green peppers, and strawberries.

Ascorbic acid is easily destroyed by cooking or by allowing the food and vegetaties Le included in the Giet. Commercial canners have studied their canning methods with a view to conserving ascorbic acid content of banned foods and have beer successful to the extert that commercially anned rilits and vegetables are likely to be better sources of the vitamin than home canned or even then home cooked

Fo Be Continued)

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### PRINCESS THE ATRE **PROGRAM**

Thursday and Friday, February 8-9 "INVITATION TO HAPPINESS" IRENE DUNNE - FRED MacINGRRAY

Saturday, February 10 - DOUBLE FEATURE "BAD LANDS"

ROBERT BARRATT - NOAH BEERY - ANDY CLUDE "NEW FRONTIER" 3 MESQUITEERS - JOHN WAYNE

> Monday and Tuestav, February 12-13 "STAR MAKER" BING CROSBY

Wednesday, February 14 "DANCING CO ED" LANA TURNER - RICHARD CARLSON

Thursday and Friday, February 15 and 16 5TH AVE. GIRL" GINGER ROGERS - JAMES ELLISON - WALTER CONNALLY

> Saturday, February 17 - DOUBLE FEATURE "SAGA OF DEATH WALLEY" ROY ROGERS - WINDAY HAYES "CONSPIRACY"

> > ALLAN LANA - LUIPA HAVES COMING! - February 19 and 20 "BEAU GESTE"

- Starring - GARY GOGPER - ROY MILLARD