#### GENERAL PRINCIPLES

In gaining weight it is necessary to eat foods that are highly concentrated in caloric value. Foods that have a great deal of bulk are low in calories and therefore should be avoided.

There are certain requirements that should be met in every diet in order that no deficiency will arise. By taking a glass of citrus fruit or tomato juice daily the Vitamin C requirements are met, and two glasses of milk with cream will satisfy the calcium requirements. Eggs will aid in supplying the calcium, phosphorus, and iron that is needed, and butter at each meal will meet the requirements for Vitamin A and D.

At least once a day there should be a good sized piece of meat. To gain weight this should be meat with plenty of fat. A steak, roast beef, lamb chop, breaded veal cutlet, bacon, baked ham, roast pork, fish, or chicken may be varied in the diet.

A suggestion for breakfast: the meal may be started with citrus fruit juice and followed with a cooked cereal, one or two eggs, bacon, toast with jelly or preserves, and a glass of milk.

Between meals a glass of half milk and half cream may be taken or an egg-nog or milk-shake.

If a light lunch is taken at noon, then a good meal should be eaten in the evening; meat, two vegetables, and dessert. And then at bed-time or later in the evening, milk and cream should be taken.

Vegetables high in calories are potatoes, carrots, green beans, peas, and turnips. Beets, squash and asparagus, buttered, will add calories to the diet.

At the noon lunch a sandwich may be taken with thin soup, dessert of pudding, ice cream, or tapioca, or fruit with drink. If one can take at least two slices of bread with butter at each meal and use whole-wheat bread where possible, it will increase the calories and also aid in supplying Vitamin B.

Other cereals may be taken for breakfast, but oatmeal, cream of wheat and rice are more concentrated. Stewed fruits may be used as desserts to vary the diet. Add cream and sugar. Ice cream or cheese on pie, or with cake, is also another means of increasing the caloric intake.

(INCORPORATED)

Oklahoma Agricultural and Mechanical College

STILLWATER, OKLAHOMA

October 13, 1941

Dr. F. C. Allen
Basketball Coach
University of Kansas
Lawrence, Kansas

Dear Dr. Allen:

We just failed to enclose the contract in my letter to you. I am sorry for this error and we are enclosing contract herewith.

We wrote Ab Curtis and I am enclosing copy of letter we received from him.

With best regards, I am

14.

Athletic Director

Sincerely/yours//

Mr. H. P. Iba
Athletic Director
Oklahoma A. and M.
Stillwater, Oklahoma

Dear Henry,

I have received your letter with no enclosure. Doubtless you will discover this and be sending them along in the next few days.

Sincerely yours,

Director of Physical Education and Recreation Varsity Basketball Coach

FCA/PE

(INCORPORATED)

Oklahoma Agricultural and Mechanical College

STILLWATER, OKLAHOMA

October 4, 1941

Dr. F. C. Allen Basketball Coach Kansas University Lawrence, Kansas

Dear Dr:

HPI:1

I am herewith returning contract covering our basketball games this coming season.

I will write Ab Curtis today asking him if he can work both games.

Sincerely yours,

H. P. Iba

Athletic Director

to --- 3 Sept. 24, 1941 Mr. Henry Iba Athletic Director Oklahoma A. and M. Stillwater, Okla. Dear Henry, Thanks for your letter of Sept. 23. I am enclosing the contract for Feb. 20 at Lawrence and Feb. 25 at Stillwater. In regard to officials, should we try to get Ab Curtis for both our games or should we try to get two of the other three men I suggested? What do you think? Personally, I should like to get Curtis as one of the officials at both games. Can you give me his address? You write him also and see if he will reserve these two dates. Sincerely yours, Director of Physical Education and Recreation Varsity Basketball and Baseball Coach

(INCORPORATED)

Oklahoma Agricultural and Mechanical College

STILLWATER, OKLAHOMA

September 23, 1941

Dr. F. C. Allen
Basketball Coach
University of Kansas
Lawrence, Kansas

Dear Dr:

In reply to your letter of September 16, the dates of February 20, 1942 for basketball game at Lawrence and date of February 25, 1942, for game at Stillwater will be satisfactory with us.

Since we will play the first game at Lawrence this season, I would like to suggest that you send the contract covering both games.

As to officials, the following men would be satisfactory with me. Ab Curtis, Ab Hinshaw, Parke Carrol and Ted O'Sullivan.

H. P. Tha

Athletic Director

# ATHLETIC ASSOCIATION (INCORPORATED) Oklahoma Agricultural and Mechanical College STILLWATER, OKLAHOMA July 7, 1941

Dr. F. C. Allen
Basketball Coach
University of Kansas
Lawrence, Kansas

Dear Dr. Allen:

I have been away from the office the past two weeks on a vacation and when I returned I received your letter.

I seems as though we have reached a point where your Athletic Cabinet and ours differ on the terms of the contract for our basketball games. I brought this matter up in our Athletic Cabinet meeting Wednesday afternoon. They were of the opinion that the games should be played on a flat guarantee basis, as we play other teams. I explained to them that Kansas would draw for us here at Stillwater and that I felt and recommended to them that we pay you a guarantee of \$400.00 or option of 50% of the net gate, student tickets not to be prorated. This was passed by our Cabinet.

We have never played Kansas at Stillwater on a suitable night. We have either had bad weather or had the game too close to another important game on our schedule, which has cut our attendance. I am sure that you will find that you will always get more than your guarantee when you play A. &. M. at Stillwater.

I hope that it is possible for you to play us under the above contract.

H. P. Iba

Athletic Director

(INCORPORATED)

Oklahoma Agricultural and Mechanical College

STILLWATER, OKLAHOMA

May 28, 1941

de me Braide

Dr. F. C. Allen
Basketball Coach
Kansas University
Lawrence, Kansas

Dear Dr. Allen:

The reason I have been holding off on answering your letter concerning basketball schedule is that our Athletic Cabinet feels that we should make a change in financial arrangements of contract. Since the money received for our student season tickets is not prorated to individual sports, but is put in general fund, our Cabinet feels that student season tickets should not be counted in net gate receipts. Our student tickets are sold to the student at the beginning of each school year and we do not think that any one game on our schedule in any sport materially helps the sale of these tickets.

In the past it has been necessary for us to pay Kansas more money from our basketball account than we deposited into the account for our share, due to fact that student season tickets are not prorated to our basketball account.

I would be glad for you to think about this and take it up with your Cabinet if you think it necessary. We are ready to enter into agreement for games this coming season on same basis as in the past with exception of counting student season tickets in figuring option. Naturally, we feel that public season tickets should be counted.

I am enclosing copy of our schedule and would appreciate hearing from you at your convenience.

With very best personal regards and wishing you a pleasant summer, I am

H. P. Tha

Athletic Director

Athletic Association
(Incorporated)
Oklahoma Agricultural and Mechanical College
Stillwater, Oklahoma

May 28th, 1941

Dr. F. Allen
Basketball Coach
Kansas University
Lawrence, Kansas

Dear Dr. Allen:

The reason I have been holding off on answering your letter concerning basketball schedule is that our Athletic Cabinet feels that we should make a change in financial arrangements of contract. Since the money received for our student season tickets is not prorated to individual sports, but is put in general fund, our Cabinet feels that student season tickets should not be counted in net gate receipts.

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I am enclosing copy of our schedule and would appreciate hearing from you at your convenience.

With very personal regards and wishing you a pleasant summer, I am,

Sincerely yours,

H. P. Iba Athletic Director

HPI:I

(INCORPORATED)

Oklahoma Agricultural and Mechanical College

STILLWATER, OKLAHOMA

April 15, 1941

Mr. E. L. Falkenstein
Business Manager of Athletics
Kansas University
Lawrence, Kansas

Dear Mr. Falkenstein:

I am herewith enclosing ticket report of our basketball game with your institution, played at Stillwater, February 17, 1941. Check will follow within day or two from our Chief Clerk's Office in amount of \$483.29.

We would appreciate a report on our game at Lawrence at your convenience.

With best personal regards, I am

Sincepely yours,

H. A. Dolman, Jr.

Asst. to Dir.

HAD:1

Mr. H. P. Iba Athletic Director Oklahoma A. & M. College Stillwater, Oklahoma

Dear Henry:

I was surprised to receive your letter as of May 28th, stating that your cabinet feels that student season tickets should not be counted in net gate receipts. Of course your students do not know what schedule you make and I doubt whether it would be important from their stand-point if we were ever on your home schedule.

I quite agree with you that your school has paid Kansas more money than you have received from us.

This is perhaps true with most of the schools you play, due to the fact that you have a much larger standing capacity than most any other school. However, doubtless you will agree that the other schools make fifty percent of the attraction.

I am reminded of the occasion a few years back when most of your Oklahoma papers attacked Kansas and me personally for not scheduling games with you. I was cognizant of the fact that you had never written asking for a game. Yet, that did not lessen the barrage. I felt very keenly that any word from you could have set your own local papers right but apparently none were forth coming.

Upon receipt of a letter from you asking for games, we agreed to appear at your field house to dedicate your edafice with one of our Sophomore teams. We asked for our conference guarantee and nothing more. Nor have we ever been unreasonable.

I now take it that apparently you do not desire to continue relationships which have been very pleasant and which have afforded some very splendid competition. Mr. henry Iba Page two

up with our Athletic Board. I referred your letter to Mr. E. L. Falkenstien, the Secretary of our University of Mansas Physical Education Corporation. He is writing you and he speaks for the Athletic Board.

wishing you a very pleasant summer, and with kindest personal regards, I am,

Very cordially yours,

Director of Physical Education and Recreation-Varsity Basketball and Baseball Coach.

FCA: re

195.00

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June 3rd, 1941 Mr. C. O. Burnside Cerpenter Paper Co. Oklahoma City, Oklahoma Dear Cob: I am sending your copies of correspondence between Mr. Henry Iba and myself. Also, a letter from Mr. Falkenstien to Mr. Iba. It is pretty conclusive from this correspondence that Mr. ba is not anxious to continue the scheduling of further games. Nebraska each year pays us more money than does Oklahoma A. & M. We pay Nebraska no more money than A. & M. except on occasions when Nebraska is fighting for the Championship. Oklahoma A. W M. never draws as well as our own conference team draws and I doubt if they ever will. As I see it, Mr. The will have one big game in his field house and that will be with the University of Wklahoma. I will write you a personal letter, later. I enjoyed hearing from you and I will be delighted to visit with you at Commencement time. With all good wishes, I am, Sincerely yours, Director of Physical Education and Recreation-Varsity Basketball and Baseball Roach. FCA:rc

Mr. C. O. Burnside Manager Carpenter Paper Co. Oklahoma City, Oklahoma

Dear Cob:

I have been wanting to write you for a considerable time but the rush of work has kept me from doing so. It seems as though I've had a commencement date every night for about two weeks.

I work during the day and then light out to some small town later in the afternoon. I finish my talk about 9:30 or 10:00 and then drive until about 2:00 o'clock in the morning to get home. In addition to this, I'm coaching the Varsity baseball team and that is quite a chore added to my administrative and teaching work.

Cob, what I wanted to write you about was Hank Iba's reticense in scheduling games with us this year. Apparently, he must not have much for next year. Doubtless you know the history of our playing with him, do you not? When he was at Marysville Teachers, I would hear a rumor once in awhile that Marysville would like to play us and then when he went to Oklahoma A & M, Bus Hamm and the Oklahoma papers would constantly fill their columns with items concerning the fear of the Jayhawkers against the Oklahoma Aggies.

Now mind you, Hank Iba never wrote me asking for a game. But, it was not difficult to imagine the source inspiring such articles. We played Hank two games dedicating his field-house when we had a group of Sophomore youngsters and his was a better team, but we did not side-step the contest. This year, I talked to him in Mansas City and I have written him two letters and still there is no soap.

If Hank Iba does not play this year, it's a cinch that we will not play him only when he wants to play. And to, I think it would be fair to all concerned that Mr. Bus Hamm know the real truth of the Kansas and Oklahoma relationship. You will remember that I told you that if Hamm Iba wanted a game, if he wrote for one, I'd give it to him. Now by the reverse method, if we played Coach Iba when he was strong, it seems logical to me that we should have no difficulty in signing up for this year.

Mr. C. O. Burnside page two

I'm wondering if you, as a good intermittere, could not innocently query Hank and tell him you heard no games were signed up between Kansas and A & M and you wanted to know the real reason for it.

On March 6th, I wrote him confirming my wire in answer to his. This had reference to our game that we played here, March 11th. The reference to Mr. Dolman was to the effect that we had not received the money for a game played Stillwater on February 17th. Last year we waited until August or September to get our money, and I cooperated with Mr. Faulkenstein in an effort to collect the basketball guarantee.

In regard to my letter of April 10th, in which I mentioned making matters difficult, this reference was made because it was last July or August before we got our two basketball games settled. The fact that I sent in my schedule shows definitely that we were willing to play, but I dislike horse-play.

I'm also sending you a copy of the letter I have written him this day. I did not reply to any of the letters except the reply concerning officials for last March.

I will be happy to have a letter from you giving me your reaction of this situation. The reason I took the pertinate jab at him that I did in my letter of April 10th, was because I had talked with Reeves Peters, the Big Six Commissioner, and he had talked with Henry about me. And also, I had talked with Henry and we had agreed to change schedule and he had not done so. Perhaps I was a little too savey but if I promise a fellow something, I'll do it, and I expect the same thing from him.

With all good wishes to you, the Mrs., and C.O.B., Jr., I am,

Sincerely yours,

Director of Physical Education and Recreation-Varsity Basketball and Baseball Coach.

FCA: ro

## May 23rd, 1941

Mr. denry Iba Athletic Director Oklahoma A. & M. College Stillwater, Oklahoma

Dear Henry:

We have completed our basketball schedule with the exception of the two games we generally play with your school.

You will remember that we promised to exchange basketball schedules and I sent you mine.

I have often wondered the cause of the delay.

I would be happy to hear from you.

Very cordially,

Director of Physical Education and Recreation-Varsity Basketball and Baseball Coach.

FCA: re

March 6, 1941 Mr. Henry Iba Athletic Director Oklahoma A. & M. College Stillwater, Oklahoma Dear Hanks This will confirm my wire to you of this date as follows: "Ab Hinshaw unable work. Called to Minneapolis. Please supply your list available officials. Letter follows." A carbon copy of Ab Hinshaw's letter was sent to you so I will await your list before making the selection. I have just written to Mr. H.A. Dolman and asked for the attendance record of our game with Oklahoma A. and M. on February 17 at Stillwater. I would be grateful if you could get this report to us at your earliest convenience. Sincerely yours, Director of Physical Education and Recreation Varsity Basketball Coach FCA:1g

April 10, 1941 Mr. Henry P. Iba Athlotic Director Oklahoma A. and M. College Stillwater, Oklahoma Dear Henry: I am sending you our basketball schedule and I am wondering if you will send me yours with the view of getting our games arranged for next year. I trust that we will not delay as we did last year and make matters difficult. I take it that you do want to continue playing, do you not, Henry? Mr. Falkenstien just mentioned the fact that he had not received a final settlement frum our game played last February. With all good wishes, I em, Sincerely yours, Director of Physical Education and Recreation Versity Basketball and Baseball Coach FCA:15 Ence co: Falenstien

### WESTERN UNION

March 6, 1941 10:40 A.M.

Henry Iba Athletic Director Oklahoma A. and M. Stillwater, Oklahoma

AB HINSHAW WRITES UNABLE WORK. CALLED TO MINNEAPOLIS.

PLEASE SUPPLY YOUR LIST AVAILABLE OFFICIALS. LETTER FOLLOWS.

Forrest C. Allen

CLASS OF SERVICE

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable symbol above or preceding the address.

# WESTERN 1201 UNION 12611

R. B. WHITE PRESIDENT

NEWCOMB CARLTON CHAIRMAN OF THE BOARD

J. C. WILLEVER
FIRST VICE-PRESIDENT

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DL=Day Letter

NL=Night Letter

LC=Deferred Cable

NLT = Cable Night Letter

Ship Radiogram

The filing time shown in the date line on telegrams and day letters is STANDARD TIME at point of origin. Time of receipt is STANDARD TIME at point of destination

KAV58 15 XC=STILLWATER OKLA 7 130P

DR FOREST C ALLEN BASKET BALL COACH=

KANSAS UNIVERSITY

1941 MAR 7 PN 2 20

FOLLOWING OFFICIALS SATISFACTORY WITH US MIKE REIGERT GENE JOHNSON AB CURTIS JACK NORTH AND GROSSMAN=

HP IBAL

Mo Bee

## OKLA. A. & M. SCHEDULE

## 1941-42

- Dec. 11 Buffalo, N.Y.
- Dec. 13 Madison Square Garden
- Dec. 15 Philadelphia, Pa.
- Dec. 17 Geo. Washington Univ.
- Dec. 20 Chicago, Ill.
- Dec. 22 Tentatively filled
- Jan. 9 Drake at Stillwater
- Jan. 15 Tulsa at Stillwater
- Jan. 16 Final examinations begin
- Jan. 23 Final examinations end
- Jan. 31 St. Louis U. at Stillwater
- Feb. 5 Drake at Des Moines
- Feb. 7 Creighton at Omaha
- Feb. 14 Washington at Stillwater
- Feb. 18 Tulsa at Tulsa
- Feb. 23 Creighton at Stillwater
- Feb. 28 St. Louis at St. Louis
- Mar. 2 Washington at St. Louis
- Mar. 6 Oklahoma at Stillwater
- Mar. 12 Oklahoma at Norman
- Games with Kansas and Texas to be set.

# UNIVERSITY OF KANSAS BASKETBALL SCHEDULE 1941-142

## Big Six Conference Cames

January 6	Oklahoma at Lawrence
January 14	Missouri at Columbia
January 17	Nebraska at Lincoln
January 19	Iowa State at Ames
Jenuary 24	Kansas State at Lawrence
February 14	Nebraska at Lawrence
February 16	Iowa State at Lawrence
February 27	Oklahoma at Norman
March 3	Kansas State at Manhattan
March 6	Missouri at Lawrence

## Non-Conference Games

December 17	Denver University at Lawrence
December 18	Bethel College at Newton
January 29	Iowa University at Iowa City
Jenucry 31	DePaul University at Chicago
February 2	Wichita University at Wichita
February 10	Creighton University at Lawrence

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1941-42 BASKETBAIL SCHEDULE

akla. A+M,

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