

A VALLEY PATRIOT cuts off this Tiger ball-carrier during the Valley-McLean scrimmage Friday night. [Photo by Kathy Carter]



THIS TIGER BALL-CARRIER looks upfield as he evades a tackler during the Tiger-Patriot scrimmage Friday night. [Photo by Kathy Carter]

Inflation-Fighting IDEAS

TIPS TO HELP YOU
A GOOD DEFENSE



A heat pump can both heat and cool your home by moving heat around efficiently to make you comfortable in all types of weather.

A first step in your defense against soaring energy prices can be proper insulation levels, sealing and caulking.

The next step should be checking your heating system. Even if your primary defense—the system itself—is in good shape—you can make your defense even more impenetrable by adding on a heating pump.

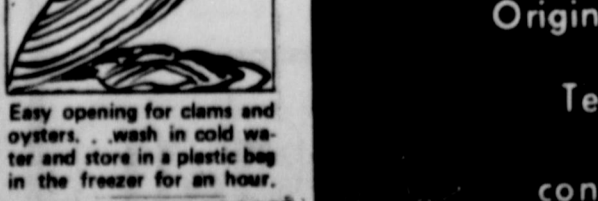
Why does a heat pump work well with a natural gas or oil fuel furnace? That's because your home furnace works most effectively at very cold outdoor temperatures (below 30°F.). A heat pump, on the other hand, is most efficient at relatively warmer outdoor temperatures (above 30°F.).

When both a heat pump and furnace are used together—experts at Carrier Air Conditioning point out—your control system can then choose between furnace and heat pump depending on indoor and outdoor temperatures. The system will then select the most economical operating mode to meet your comfort needs.

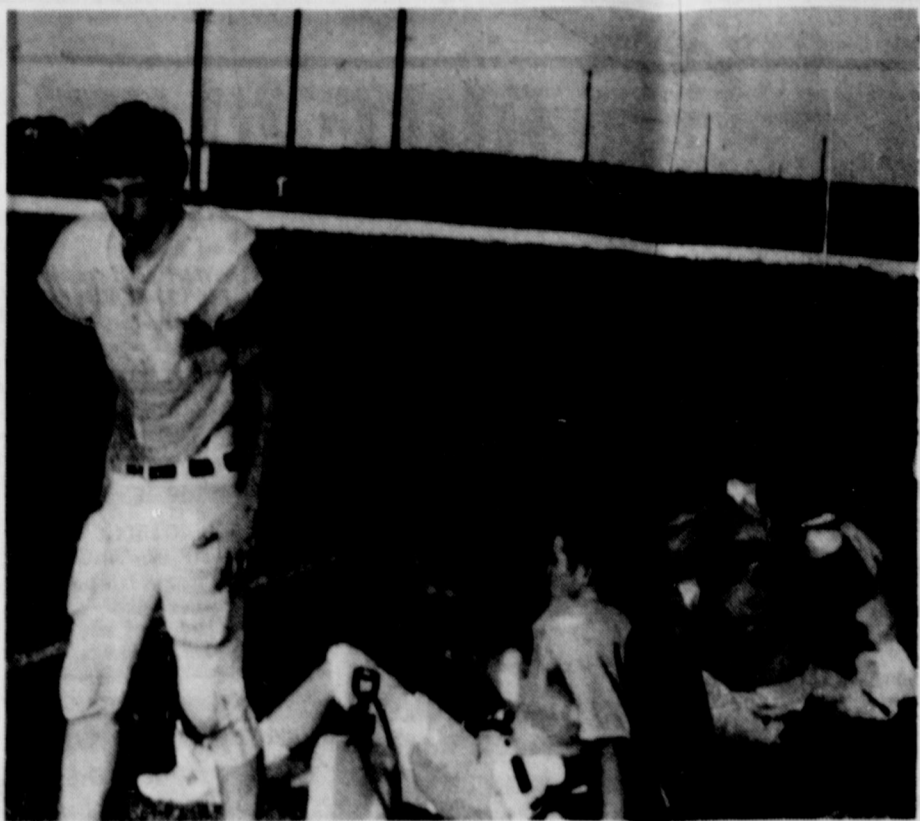
Since an add-on heat pump system uses less energy—your heating bills will take a marked drop almost immediately. In addition, heat pumps provide efficient central air conditioning.

With this type of defense, you'll be able to score important points for your home team... and your home heating and cooling budget.

"Advice is like snow; the softer it falls, the longer it dwells upon, and the deeper it sinks into the mind."
Samuel Taylor Coleridge



DR. JACK L. ROSE
OPTOMETRIST
121 Main—Shamrock, Texas
Phone 256-3203
Tuesday 9—5
Friday 2—5



Waiting To Play

QUARTERBACK DUDLEY REYNOLDS walks the sidelines as he waits for the next series of plays during the Valley-McLean scrimmage Friday night. [Photo by Kathy Carter]

Notes From Your County Agricultural Agent

by Joe Van Zandt

WHEAT PLANTING

Soil moisture conditions in the Gray County areas are the best they have been for several years for early planting of wheat and subsequent fall wheat pasture. However, wheat producers need to be reminded about volunteer wheat. Normally beneficial insects have reduced greenbug populations by this time. However, this year our build-up in beneficial insects has been late in coming. Therefore, early planted wheat may run the risk of greenbug infestations.

Also, with the wet summer, we need to be aware of the possibility of wheat streak mosaic virus. This disease is caused by the wheat curl mite that over-summer in volunteer wheat and many grasses that grow along roads and fields. Any volunteer wheat left in a field can serve as a host for this microscopic mite. This mite can not be seen with the naked eye but it is carried by the wind to adjoining wheat fields. Therefore, wheat fields need to be clean of any volunteer wheat before planting. Also, there should not be any volunteer next to wheat fields because I have seen the mite blown from adjacent volunteer wheat. Generally, a clean strip of around 50-75 feet is sufficient to prevent the wheat curl mite and wheat streak mosaic from infesting wheat fields.

WHEAT VARIETY RECOMMENDATIONS

Research and Extension Agronomists have assisted in making a list of wheat varieties recommended for our Texas Panhandle area. Varieties are listed alphabetically and the order does not reflect relative productivity. Also, these recommendations pertain to grain production only.

For irrigated conditions only: Newton, Sturdy, TAM W-101, TAM W-105 and Vona.

For Dryland or Irrigated Conditions: Centurk, Concho, Improved Triumph, Larned, Osage, Palo Duro, Rall, Sage, Scout 33 and Tascosa.

This is not to say that other varieties will not perform well, but these have proven themselves sufficiently to be recommended.

FIELD DAY AT LUBBOCK

Cotton and grain sorghum dominant crops of the South Plains, will share the spotlight with grapes during the 72nd annual field day of the Texas Agricultural Experiment Station at Lubbock, Tuesday, Sept. 8.

The Texas A & M University Agricultural Research and Extension Center just

north of the Lubbock International Airport is host this year. The annual program alternates between the Lubbock center and its facility at Halfway.

The center in Lubbock is on FM 1294 just east of I-27 at the Shallowater exit. Tours will begin at 1 p.m. and end at 5 p.m.

Five major displays are planned on the tours of the research plots and facilities of the center. They will show research being conducted on grapes, cotton and sorghum; the developing of drought resistant cottons and sorghums; weed control; bollworm research and the on-going cotton improvement program.

Visitors also can see research on other crops and on soil fertility, irrigation and insect control. In addition, Extension specialists and research scientists will be available to answer questions and discuss specific problems in crop production, irrigation and fertilization.

Another popular feature of the annual public program is a display of the latest farm machinery and irrigation equipment.

The field day is a cooperative presentation of TAES, the High Plains Research Center, the Texas Agricultural Extension Service and Agricultural Research Service of

the U.S. Department of Agriculture.

1982 PROGRAM SUGGESTIONS

We will be working with our Gray County Crops Committee in September to draw up plans for our 1982 educational programs. If you have any suggestions or ideas on educational information or programs for 1982, please pass them along to me. We want to assist you with needed information, so let us know. Call 669-7429 or stop by the office in the Courthouse Annex.

SORGHUM INSECTS

Farmers need to keep a watch for sorghum insects—greenbugs and headworms. Beneficial insects, which normally have reduced greenbug populations before this date have been slow in building up this summer. Therefore, farmers need to keep checking on greenbugs until the populations have been reduced and large numbers of mummies are found.

The next worry is the possibility of headworms in sorghum. There have been some reported in Panhandle area fields causing damage to sorghum. Check for this pest frequently in order to detect small worms. If an average of two headworms per head can be found, an insecticide application is justified.

"I FOUND A GREAT JOB... \$5.00 AN HOUR, FREE HEALTH INSURANCE, AND PAID HOLIDAYS. YOU START MONDAY!"

DELICIOUS FREEZER-WRAPPED BEEF

ANY AMOUNT
NOW YOU CAN BUY DELICIOUS BEEF-CUT AND WRAPPED FOR THE FREEZER, IN ANY AMOUNT—LARGE OR SMALL!
NOW AT
CURRY'S PROCESSING
205 S. MAIN 779-2521

Corporate Tax Installments Due

Corporations operating on a calendar year basis and having an expected Federal tax liability of at least \$40 for 1981 are required to make a payment of 1981 estimated tax by September 15, 1981 the Internal Revenue Service says.

The amount due can be computed on Form 1120-W, a worksheet for computing corporation estimated tax. The form should not be filed with the IRS, but should be kept in the corporation's records.

When the payments are deposited in authorized commercial banks or Federal Reserve Banks, they must be accompanied by the Federal Tax Deposit Form 503, the IRS adds.

Supplies of Form 1120-W and IRS publication 542, "Tax Information on Corporations," are available free by calling the IRS forms/tax information number in the local telephone directory.

Peerless Prognosticator Predicts

by Sam Haynes

N. Carolina St. 35	Richmond 6
Wake Forest 14	South Carolina 20
Kansas 26	Tulsa 21
Illinois 10	Pittsburgh 27
Rutgers 14	Syracuse 17
California 17	Texas A&M 24
L.S.U. 13	Alabama 17
Auburn 10	T.C.U. 14
Florida 20	Miami (Fla.) 14
Georgia 24	Tennessee 17
Mississippi 31	Tulane 14
Miss. State 21	Memphis State 17
Baylor 42	Lamar 7
Houston 35	New Mexico 13
S.M.U. 36	Arlington 6
Dallas Cbys. 27	Wash. R. skins 10
West Texas St. 21	Louisiana Tech 14
Den. Broncos 17	Oak. Raiders 24
Houston Oilers 24	Los Ang. Rams 21
Pitts. Steelers 30	Kan. C. Chiefs 17

PART 2 IN A SERIES

HOW MUCH IS ENOUGH?

MIND YOUR MEASURES

NOTE TO PARENTS: The article below explains the art of measuring and why careful measuring is important in cooking. The act of measuring, however, can lead to more than tasty meals—it can be instrumental in helping a child understand fractions. It is so much easier to learn by seeing and doing than just by reading. We all know that 1/2 plus 1/4 equals 3/4, but such things are often difficult for a youngster to grasp.

Let your youngster experiment to find out how many ways there are to make 1 whole cup—using halves, thirds and quarters. And how many cups it takes to fill his milk glass, his cocoa cup, a sauce pan. With this sort of learning through experimentation, your child will learn to understand fractions... in a fraction of the time it might normally take.

The people who create recipes experiment a lot to get them to taste just right. They try all sorts of ingredients, in many different quantities, before they are satisfied. When a recipe finally is printed in a newspaper, magazine or book, it contains just exactly what is needed... just enough salt, just enough sugar, just enough milk, just enough everything.

So when you follow a recipe to make a meal, you have to be careful to add the right amounts, too. Not too much, not too little, but just enough. Measuring correctly is one of the most important parts of cooking.

To help you, there are many standard measuring tools. There are cups made especially for measuring liquids, and others that are best for dry ingredients, and there are spoons to measure small amounts of things. If you use the right tool, measuring is easy.

Measuring Liquids. Measuring cups for liquids are usually glass or plastic so you can see through them, and they have a spout for easy pouring. The measurements are marked on the side. If a recipe calls for 1/2 cup of milk, slowly pour milk into the measuring cup until it comes up to the 1/2 mark. (Bend down so your eye is at the same level as the mark you need to reach.)

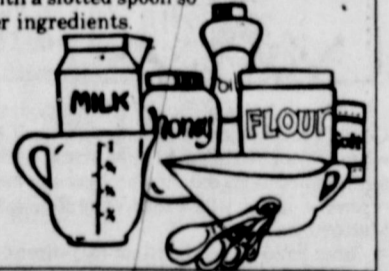
Measuring Dry Ingredients. Measuring cups for dry ingredients are usually metal or plastic and they usually come in sets of four. These are used to measure ingredients like flour and sugar. The largest holds exactly 1 cup, the next will hold 1/2 cup, the next 1/3 cup, and the smallest 1/4 cup. The cups are usually marked, so it will be easy to tell which is which.

To measure dry ingredients exactly, select the proper size measuring cup (if you need 1/2 cup of sugar, use the cup marked 1/2) and fill it heaping full. Now take a tool with a very straight edge (spatula or the straight blade of a table knife) and level off the ingredients, so they come to the top of the cup. If a recipe calls for 1/2 cup of something, you'll need to use the cup marked 1/2, but use it twice. If the recipe calls for 3/4 cup of something, you can use the cups marked 1/2 and 1/4, because 1/2 plus 1/4 equals 3/4.

Using Measuring Spoons. When small amounts of ingredients are needed, measuring spoons are used. These, like measuring cups usually come in sets of four: 1 tablespoon, 1 teaspoon, 1/2 teaspoon, and 1/4 teaspoon. Measuring spoons can be used both for liquid ingredients and dry ingredients. If you use them for liquids, pour very carefully to avoid spills. If you use them for dry ingredients, heap them full and then level them off, just as you do when you use a measuring cup for dry ingredients. And if a recipe calls for 3/4 teaspoon, use the 1/2 teaspoon and the 1/4 teaspoon. It works just like adding fractions.

Tricky Stuff. Some ingredients are not liquids, and they are not dry either. How do you measure them? Let's use margarine as an example. If you are making a KRAFT Macaroni and Cheese Dinner you need 1/4 cup margarine. Stick margarine usually has markings on the wrapper that will tell how much will equal 1/4 cup.

But if it comes in a plastic tub, you will need to measure it yourself. It's easy if you remember that 3/4 cup plus 1/4 cup equals 1 cup. All you need to do is fill a liquid measuring cup to the 3/4 mark with water, and then drop in spoonfuls of margarine until the water level rises to the 1 cup mark; when that happens, you know you have 1/4 cup of the margarine. Lift it out with a slotted spoon so the water can run off, and add it to your other ingredients.



CONSOLIDATED BUILDING SYSTEMS

FEATURES

- Fast Delivery
- Professional Assistance
- Customer Satisfaction
- Wide Range of Accessories
- Ten Attractive Colors
- Highest Quality
- Economical
- Personal Service
- Shorter Construction Time

Any type or price range of metal buildings available
Can be constructed anywhere
QUALITY ALL-STEEL BUILDINGS

R. J. Pasley Construction Company, Inc.

P. O. Box 70
Shamrock, Texas
Office Phone 256-2672 Home Phone 256-3503

Original arts & crafts

Texaco products and convenience store
Alanreed

LABOR DAY SALE

LIMIT ONE PER CUSTOMER

KRAFT...32-OZ.

MIRACLE WHIP

WITH \$20.00 PURCHASE: 98¢

WITHOUT \$20 PURCHASE: \$1.19




CRISCO SHORTENING

WITH \$7.50 PURCHASE or MORE
BUY 1-3-LB. CAN AT

98¢

WITHOUT \$7.50 PURCHASE BUY AT REG. PRICE



Limit One

GOLD MEDAL FLOUR

5-LB. BAG

98¢



TOP SAVING STAMPS



Prices Effective Sept. 3-8, 1981.
Limit Rights Reserved.

Puckett's

FOOD STORE

- | | |
|-------------------|--------------------|
| SAYRE, OKLAHOMA | SHAMROCK, TEXAS |
| MANGUM, OKLAHOMA | McLEAN, TEXAS |
| CLINTON, OKLAHOMA | ERICK, OKLAHOMA |
| CORDELL, OKLAHOMA | ELK CITY, OKLAHOMA |



Duckett's

FOOD STORE



WILSON CERTIFIED MEAT FRANKS

12-OZ. PKG. **79¢**

WILSON CERT. BEEF FRANKS 12-OZ. PKG. **89¢**
 WILSON CERT. BOLOGNA 12-OZ. PKG. **99¢**
 CORN KING BACON 2-LB. PKG. **239**

CENTER CUT PORK CHOPS...LB. **1.79**
 COUNTRY STYLE PORK RIBS....LB. **1.49**

WILSON CERT. BONELESS

Whole Hams **1.79**
 LB.



HALF HAM...LB. **1.89**

LABOR DAY SALE

RED SEEDLESS GRADES **79¢** LB.
 BELL PEPPERS or CUCUMBERS
 MIX OR MATCH **65¢** for 1

SLICED QUARTER PORK LOINS **1.39**
 LB.

ITALIAN PRUNES **1.00**
 4 LBS.



RED POTATOES **1.89**
 20-LB. BAG