

"ThE GRESSET' S" POSE WTTH TAEIR FOREIGN EXCHANGE STUDENT who vistied with them during the christmas holiday's."

Foreign Exchange Student Visits Here
 $\begin{array}{lll}1973-74 \text { from South Africa, } & \text { versity. After her stay in } \\ \text { verne }\end{array}$ has returned to America for a
brief visit. While in Spearman, she plans to tour
the West Coast before reminef visit. While in Spear- the West Coast before re-
man, she staying with the turning home to obtain her
Ray Gressett family who master's degree in PsychoRay Gressett family who master's degree in Psycho-
were her former host family. logy. were her former host family.

Pipkin Family
Christmas Dinner Held $\begin{array}{lll}\text { A very special event took } & \text { of sweet rolls, an apple-nut } \\ \text { place for the Pipkin family on } & \text { salad, and many other delici- }\end{array}$ $\begin{array}{ll}\text { Thursday, December 23, at } & \text { ous Christmas dishes, } \\ \text { 6:30 p.m. at Martin's Steak } & \text { topped off with a scrumpti- }\end{array}$ Garden. Mr. Knox Pipkin ous hot apple cobbler. hosted his entire family for After the dinner, the entire
an elaborate Christmas din- family enjoyed a musical ner. The meal included two interlude of carols and spe$\begin{aligned} & \text { large turkeys, two large } \\ & \text { hams, a Christmas tree made music provided by }\end{aligned}$
granddaughters, Betty Clif.


Bell Ringer Specials



Berner-Kellum
Vows Exchanged
$\begin{array}{cl}\text { Wedding vows were ex- the matron of honor. Dar- } \\ \text { changed on November 26, } & \text { leen Sutton, cousin of the }\end{array}$ $\begin{array}{ll}\text { 1976, in the Apostolic Faith } & \begin{array}{l}\text { bride, and Khristi Gressett } \\ \text { Church by Denise Kay Ber- } \\ \text { were bridesmaids. Brit Par }\end{array}\end{array}$ ner of Spearman and David Allen Kellum of Silverton. Rev, E, W. Dickson man. Groomsmen were Val grandfather of the bride, Gaylon Schultz, Edna. Ring. ciciated at the 7 p.m. $\begin{aligned} & \text { bearer was Shawn Freeman } \\ & \text { ceremony which was per- } \\ & \text { of Dumas and flower girl was }\end{aligned}$ ormed before an altar hold ing two spiral and one arch andelabra with greenery of Lockhart and Joe Kellum, yellow gladioli and blue-Amarillo, brothers of the nums flanked the front of marked with candles and yellow bows. Traditional wedding music was played by Mrs. Tom
Sutton. She also accompanied Sandra Vance of Pampa as she sang "To My Bride", a song used at the bride's
parents' $w e d d i n g$. Miss parents' wedding. Miss
Vance sang "That's The Way" as she accompanied herself on the guitar.
Mrs. Ronny Smith of CanMrs. Ronny Smith of Can-

## BOOK YOUR SEED

and you might win a C.B. Radio \& Antenna!


Look at the advantages of booking early -



## WANTTEADS

## Boxwell Bros. <br> Funeral Home and <br> Flower Shop Day-Night Phone 659-221 Spearman, Texas

|  |
| :---: |

## SERVICES

| Hansford County Planned Parenthood 26S. Hanty 659.2.283 Spearman Mon..Fri. 8a.m. to 12 noon 30S-rtn |
| :---: |
|  |

KIRBY SALES \& SERVICE of Syearman, 912
659.2797.


FOR SAND FREE DOMES. $935-4088$ at at ights. Dumas.

NEED MARY KAY COS.
METCS.
Call
2751




| BARGAIN RATES on RINSE |
| :--- |
| $\$$ VAC Shampooer. Dec. | March 31, 311.00 per day



|  |
| :---: |
|  |  |

FOR RENT:
tratiler space. 659.3000 apreer


## Miscellaneous FOR SALE

FOR SALE: One Datsun
pickup, standard 4 speed
shiff, 10,300 miles. Call 3372 or $2265, \quad 7-2$ te
FOR SALE
7



 Dressed quail $1-75.659$.
2309.
 Wash for health
Call $133-26555$
$425-\mathrm{rtn}$

FOR SALE: Brick office
building, central heat and air, large lot, plenty of parking, ideal for doctor's
clinic, located just west of
hospital at 7 th $\&$ Roland Emmett R. Sanders, Realtor,
$659-2516$, nights $659-2601$.
$29-$ -
FOR SALE: See this home with 3 bedrooms, 2 baths.
living room, dining room,
kitchen with buill living room, dining room,
kitchen with built-in cabi-
nets, den and office or work-
shop. Nice carpet and panelshop. Niec carpet and panel-
ling. For the family needing
lots of room at an affordable opref. Emmett $R$. Sanders
Reactior, $659-2516$, nights





$$
\begin{aligned}
& \text { Card of } \\
& \text { Thanks } \\
& \hline
\end{aligned}
$$

Spearman Chamber of Commerce and Retail Mer-
chants Committee would like
to thank everyone that to thank everyone that
helped make our Christmas FOR SALE: 3 bedroom, 2 bath, brick den fireplace.
living room carpeted, electric living room carpeted, electric
range/oven. dishwasher,
central air/heat. storage


## FOR SALE: 100 ft . Crawford

 FOR SALE: 100 ft . CrawfordAddition lot on the Spear-:
man-Gruver Highway, utili-man-Gruver Highway, utili-
ties in, includes small office
tuildin. priced for quick ties in. includes smail office
buildin.. priced for quick
sale. Emmett R. Sanders.
Realtor, 659.2516, nights Realtor,
$659-2601$.
FOR SALE: ${ }^{35 S}$-rtn
$\qquad$
near elementary and junior
high schools. Attached gar-
age. utility room, central

heat $\&$ air, carpets $\&$ drapes. humidifier, other extras. | Appointment only. Emmett |
| :--- |
| R Sanders, Realtor, 659 | R. Sanders, Realtor,

2516, nights $659-2601$. 2515, might 5
$\qquad$
162
$12 \times 2$
2



Claude Sheets. Jr... The
Juniur High Band and Choir dents. The Spearman Repor-
Ier. Baker \& Taylor Drilling
Company, KBMF FM Rell Company, KBMF-FM Radio
Station. and Charene Buls.
We would like to wish you
all a very Merry Christmas daughter and family, Mr.
and Mrs. Larry Stokes. Chris
and Krystal of and Krystal of Amarillo.
their son. Mr. and Mrs.
Richard Pipkin of S.ent

Christmas holiday visitors
in the home of Mr. and Mrs.

$$
\begin{aligned}
& \text { with } \\
& \text { seale } \\
& 1 \text { ress }
\end{aligned}
$$

all bidse the right to reject
Mrs.
Mrs. O. K. Pendergraf
Executrix of Maude B
Rt. 1, Box 45A
Spearman, Tex. and his and hectors. Teresa dancing stu-
Hargis and and a Happy New Year.
Guests in the home of Mr.
and Mrs. John Pipkins and Mrs. John Pipkine of Mr. their daughter and family,
Mr. and Mrs. Bart Cliford
and Brad of Woodstock, Onand Brad of Woodstock, OnRichard Pipkin of Spearman.
Crris Stokes is spending this Chris Stokes is spending this
week with his grandparents. Jack Jackson were Mreir
daughter, Mr. and Mrs. W. E. Parker of Lubbock and
Eddie Parker of Cisco Junior College: their son, Cooch
Tommy Jackson and his wife I. Osborn of Elk City, Okla
homa, and their grand
daughter. Teresa and Randy daughter, Teresa and
Hargis of Spearman.

## Texas Feels Decline In Oil And Gas Production

was
was
shor
on p
Bu
of re
fall,
eme
N
furth
in
That
cons
ing.
A
natio
reaa
juste
perc
ter,
ing
By the
sion
This
a lit
o
outp
fallin was conce
shortages
on prices.
But this
of reco tages wibout a return to put increasing in Texas, failprices.
But this summer, the pressure ure of the state's industry to
reach
new merging signs of weakness.
Now alls signs point to a shat further slowing in the growth
in real GNP this quarter. That will make the third
consecutive quarter of slow ing. nation
crease
uste
perc
er,
ing
By th
By ton
This
This
lit
On
outp
allin
cent
perce
And
perce
ber. that
failed
time
was
the
sion.
As
natio
 Texas insonally recession, per
index
 $\begin{array}{llll}\text { Though industrial produc- } & \text { state's industrial output us. } \\ \text { ually comes as oil and gas. } \\ \text { tion was still essentially at } & \text { That is compared with a little } \\ \text { the four-year high reached in } & \text { over } 4 \text { percent of the nation's }\end{array}$ the four-year high reached in $\begin{aligned} & \text { over } 4 \text { percent of the nation } \\ & \text { September, the lack of of } \\ & \text { industrial production. }\end{aligned}$
growth in October amunter growth in October amounted For all the increase in
to a comedown for the state.
Nowhere have conditions $\begin{aligned} & \text { driling. the once prolific oil } \\ & \text { seemed gas field in Texas are } \\ & \text { seemed ter than in Texas, } \\ & \text { clearly playing out. }\end{aligned}$ seemed better than in Texas, clearly playing out.
in recession or recovery. But
In October. the state's
as the recovery slowed,
crude production was only dustrial economy became
cerar.
Manufacturing in Texas was down 2.5 percent.
Manufacturing in Texas
was still on the rise. Boosted
another 1.1 percent in
 base.
was 5
year year earlier and higher tor 10.2 per
higher than at the trow Nigher than at the trough.
Nationwide. manufactur- Yarbrough and Mrs. Euildrenen, all
ing slipped 1 percent, drop. of Spearman, his brother
and ing slipped 1 percent, drop. of Mpearman, his brother
ping to 131 percent of the Mrs. Ronnie Love
base. After the decline in and children of Manes, Mis base. After the decline in and children of Manes, Mis-
September, that brought the souri, and Mrs. Reiko Joy of
nation's manufacturing to spearman. September, Mat brougn
nation's manufacturing
the lowest level of nation's manufacturing to
the lowest level of output in

## LEGAL nōtice CTIATION BY PUBLICATION

## STATE OF TEXAS

| STATE OF TEXAS <br> TO: NELSON W, WIL | SPEARMAN, TEXAS 79081 |
| :---: | :---: |
|  | Main Box 458 |
| D, |  |
|  | Owner-Publisher,..........William M. Miller |
| defenda | d Class Postage Paid at Spe |
| $n$ h |  | known heirs, and/or devi-

sees of said Defendant, and all unknown persons, who
may claim title in the may claim title in the herein
described property under described property under
Deed dated November 1 .
1922 . 1922, recorded at Vol. 25 ,
Pages 377.379,
Deed Re Pages 377.379, Deed Re-
cords of Hansford County, cords of Hansford County,
Texas, Defendants. Greet-
ing: ing: (AND EACH OF
YOU
YOU) ARE HEREBY COMYOU) ARE HEREBY COM-

MANDED to appear before
the Districi Court of Hansthe Districi Court of Hans-
ford County at the Court-
house thereff. in Spearman,
Texas, by filing a written Texas, by filing a written
answer at or before 10 answer at or before 10
$0^{\text {coclock A.M. A. Of the first }}$
Monday next Monday
rext after the exrsi
ration of forty - two days from ration of forty-two days from
the date of the issuance of the date of the issuance of
this citation, same being the
14th day of February A.D. 14th day of February A.D.
1977, to Plaintiff's Petition
 day of December A.D. 1976. Marie H. Gould, Clerk
84th Judicial District Hansford Cistrict Court By Cathy Dart, Deputy 7-4tc-T only

| Mr. and Mrs. Allen Alford and Scott traveled to Nara Visa, New Mexico Thursday to visit with his mother, Mrs. Jessie Alford. Friday, they traveled to Alanreed, Texas, where they spent Christmas Day visiting with her parents, Mr. and Mrs. Burt McKee. They returned home Sunday. | Visitors in the home of M and Mrs. Aaron Love Thur day through Monday we their son, Mr. and Mr Ronnie Love and childre Rhonda and Hank of Mane Missouri. |  |
| :---: | :---: | :---: |
| Christmas holiday visitors in the home of Mr. and Mrs. Norman Brack were their children, Mr. and Mrs. Kaci | There will be no K.I.D.S <br> I Girls Basketball until 1 January 4th. |  |
| Jones of Canyon and Lynn Brack of Las Vegas, Nev. NOTICE | WEATHER |  |
|  | DECEMBER 21 |  |
| Spearman Adult Basic | DECEMBER 22 |  |
| Education Class will not | DECEMBER 23 |  |
| meet December 27, 1976, but | DECEMBER 24 |  |
| will meet January 3, 1977 at | DECEMBER 25 |  |
| 7:00 p.m. in Room 118 at | DECEMBER 26 |  |
| Spearman High School. | DECEMBER 27 |  |

STORM DOORS
CUSTOM BULIT, DESIGNED, AND IN COLORS
TO FIT YOUR HOME.

## HOWARD MOYER ONLY ALUMINUM INDUSTRIES

 405-338-6966 or 338-6170 GUYMON, OKLAHOMA 73942

Now You Can Really, Save A Wad Of DOUGH, | When It Is Our Place, You Decide To GO.

EXCEL CHEV.-OLDS. CO.

TEXAB PREBB
ABBOCIATION



$\begin{aligned} & \text { THE CHARACTER OF ANY PERSON OR } \\ & \text { FIRM APPEARING ON THESE COLUMNS }\end{aligned}$
$\begin{aligned} & \text { WIL BE GLADLY AND PROMPTIY COR. } \\ & \text { RECTED UPON BEING BROUGHT TO THE }\end{aligned}$
$\begin{aligned} & \text { ATTENTION OF THE MANAGEMENT. } \\ & \text { SUBSCRIPTION RATE.-Hansford, adjolning }\end{aligned}$
$\begin{aligned} & \text { countles, comination with the } \\ & \text { Planmeman, } \$ 10.92 \mathrm{Tax} \text { Included. } \\ & \text { Other points } \$ 15.12 \text { Tax Included. }\end{aligned}$

Burglars and vandals love to do their dirty work in the dark. If your home or business property is well-lit at night, the chances of burglaries, vandalism, or even accidents to family, workers, or customers are minimized. Community Public Service Company has outdoor lighting plans for both home and business property The mercury vapor Nite-Liter provides lighting up to 100 yards in diameter outside your home for just a few cents each night. The on-at-dusk, off-at-dawn Nite-Liter will be installed on a tall pole, maintained, and the electricity furnished and no investment is required. Leased floodlighting programs are available for the business owner. You can lease either mercury vapor or Metal Halide floodlighting at a very reasonable per-month rate. For complete information on the convenient, economical outdoor lighting programs, give us a call soon.

COMMUNITY PUBLIC SERVIBE
Your Elecrric Light \& Power Compa


Sunray Ceremony Unites Couple


and long sleeves. She wore a College in Winhita Falls and


Patients in Hansford Hos Trudy Goodheart, Weana
Dech, maye, Grace Mike NewFloyd and Ramona Garcia. Dismissed were S. W. McAdams, Carrol Bostick, ter. Natalie Greene. Jill Kelly and William S. Jones.


## Wedding Is Planned

Mrs. Doris Colvin would like to announce the
engagement and approaching marriage of her engagement and approaching marriage of her
daughter, Miss Cynthia Kay Rex, to Terry Glen daughter, Miss Cynthia Kay Rex, to Terry
Cook, son of Mr. and Mrs. James Cook. Vows will be exchanged at 8 p.m., January 7 ,
1977 at the First Baptist Church in Spearman.

## FR펴퇴

Your choice of these valuable "plain talk" booklets on personal money matters!

Do you know the steps to take to make your estate produce the maximum benefits for your family in these

- Do you know what "trust" services are and how they can help you?
Are you aware how careful planning can improve your finan-
cial picture now-and your family's well-being in the future?
- Do you know the risks you take by not having a will?

These informative "plain talk" booklets offer you invaluable ideas for getting the most from what you own, both today and tomorrow. .. reducing the tax bite ...
avoiding the oversights that can cost a family thousands of dollars. Each booklet is writen in clear, no-nonsense terms and attractively printed for easy reading. Just check the bo
cost or obligation


PANHANDLE BANK \& TRUST COMPANY
531 North Deahl

## CHRISTMAS

 GREETINGS-76 We wish all our friends I very Merty Christmasand a Happy New Tear. Insteco of sending carrs this year, we have donated to the Hospital
Auxiliary Fund for the Hansford County Hospital:

Mr. \& Mrs. J. W. Gibier
Mr. \& Mrs. E. J. Copeland Mr. \& Mrs. E. J. C. Copecer Mr. \& Mrs. Garland Head Ora Lee Blackburn Mr. \& Mrs. J. B. Buchnann
Emma Lou \& Roy Collins Mr. \& Mrs. Preston Smith Knoox Ppptin Ted, Sonya, Jayne, Dalene dr. \&u Mrs. Tom Latta a family
Ray \& Sylvia Robertson Mr. \& Mrs. A. R. Bort Mr. \& Mrs. J. D. Wilbanks
Medlin \& Maudine Patterso Sparks Laundry
Friday Wise Friday Wise
Mr. \& Mrs. J. W. Jenkins Emmett R. Sanders Phil \& Marguerite Jenkins Margaret Shedeck Chariene McClellan
Dora \& Ronny Womble Dora Lec Ronny
Lee Mellan Mr. \& Mrs. Elvin Martin
Mr. \& Ms. Pope Gibner Mr. \& Mrs. Pope Gibner Mr. \& Mrs. Jack Oakes Deta Blodgett Mr. \& Mrs. W. L. Russell
Mr. and Mrs. Wilson Mr. and Mrs. Wison
Mcclellan \& family Judge \& Mrs. Richard Countiss, Jeff, Mike
Julie Countiss Julie Countiss W. E. \& Loydell Sparks Alvin \& R Rosalie Cator Mr. \& Mrs. D. L. MeClellan
Mr. \& Mrs. Carl Archer Mrs. R. D. Chamberlain Dave \& Rogene Arrington Mr. and Mrs. James Cummings
Elsie Mathews
Eloye Mathews $\&$ Eddie Largent Gary, Sue, Connie \& Jessica
Woolley Mr. \& Mrs. Rue Sanders Mr. \& Mrs. Rue Sanders
Dick \& Frances Kilgore Johnny, Fanny \& Mary Johny, Fanny
Venneman
Gus $\&$ Clementine Renne
Jack $\&$ Peggy Carrell Eck \& Mary Lee Chuck, Florene \& Debbi Fletcher
Larry \& Judy Iribeck, Derek
Major $\&$ Ruth Leckey Glen \& Myrt Bohana The Roy Gene Boyd family Mrs. Pearl Dixon Elvagene Dixon Mr. \& Mrs. Bob Hohertu Jeff \& Doug Mr. \& Mrs. Bill Logsdon Mr. \& Mrs. Jack Henson Mrs. Eizabeth McClelle Mr. \& Mrs. John Bishop
Mr. \& Mrs. Kiff White Mr. \& Mrs. Robert H. Nov Mr. \& Mrs. Merrel N. Johnson
Gene $\&$ Fran Gene \& Francis Cudd Mr. \& Mrs. Troy Sloan
Herbert, Rosalie and Simmy \& Vera Beth Hicks Mr. \& Mrs. Ed Garne Russell \& Altha Townsend Wesley \& Magda Garnett
Mr. \& Mrs. F. B. Schubert Charles R. Bail Irvin \& Betty Davis Gertrude Jones
Mr. \& Mrs. Condee Ellison
Mr. \& Mrs. Bruce Sheets Mr. \& Mrs. Freeman Barkley Pat \& Virginia Cates Mr. \& Mrs. Raymond Kirk Mr. \& Mrs. Don Floyd Faye Lynch Gwenfred Lackey Mrs. Walter Wh
Juanita LLgan Juanita Logan
Agnes Windom
Mary Sparks
Edith L Womble
Mrs. C. A. Kleeberger Bertha H. Tarbox Jo \& Mac McLaughli The George Lowes
Roy \& Ia Edwards Bob \& Ruth Crawford Mr. \& Mrs. Deacon Clemen Gien \& Evelyn Hiller Altha Groves Bernice \& Billy Brown
Dub \& Marva Hanners

Christmas holiday visito in the home of Mrs. Garreti Allen were Mr. and Mrs. De
Allen, Elden and Jan, M and Mrs. Don Allen and Mark, Mr. and Mrs. Louls Schnell, Mr. and Mrs, Jomet Spearman; Capt. and Mrs. Roger Nash of Myrtie Beach
A.F.B., South Carolina; and Mr. and Mrs. Woody Dur.

BLACKEYED PEAS--A TRADITION

## Texans traditionally eat

 lackeyed peas on New perity and good luck for the coming year. This traditionwill be observed once again will be observed once again
in 1977 when we get out the in 1977 when we get out the
kettle or new crock pot to kettie or new crock pot to
cook the blackeyed peas, Marilyn Haggard, a foods \&
nutrition specialist seys. nutrition specialist, says.
She is with the Texas Agricultural Extension Ser Agricuitural Extension Ser-
vice, The Texas A\&M Uni"ersity System. The peas should be saked before cooking to
required cooking required cooking
time. This can be accomplished quickly by boiling them in water for two min-
utes, removing from the heat and soaking for one hour. They are then ready to cook. you prefer to soak the peas vernight, it is still a good
dea to start with the two minute boil, because you will have fewer hard skins and
the brief boil will keep them
from souring," she ex- In the slow cooker, soak
plained.
the peas overnight, then cook plained.
Season with one teaspoon the peas overnight, then cook
them in water on high for two Season with one leaspoon.
sem in water on high for two
salt for each cup of dry peas.
to two and one-half hours.
Salt pork and bacon are old salt pork and bacon are old Reduce control setting to
standys. for seasoning, but low, add seasonings and
chopped ham or smoked meat and cook on low for turkey left over from the eight to ten hours. If you
Christmas celebration are prefer less watery peas, youm great almo. Pelebration are prefer less watery peas, use
Parlic less water.
 teaspoon per pound of dry fresh, crisp onion, the spe-
neas to enhance the flavor. cialist suggested.

IH Dealer Named "XL" With a commitment to standards include a "Certi-
today and tomorrow's far- fied Service Shop", a comtoday and tomorrow's far-: fied Service Shop", "a com-
mer-customers, agricultural
equerter
equipment
peater $\begin{array}{lll}\text { equipment deager North } & \text { Nuterized accounting system } \\ \text { (DAD), and inventory sys. }\end{array}$
Plains International, Inc. re-
tem (SPIM), attendance at and Plains International, Inc. re-
cently was appointed an "XI XL
dealer management ance at cently was appointed an "XL
Dealer" by International $\begin{aligned} & \text { Dealer by international } \\ & \text { Havvester Company. } \\ & \text { The "XL" appointment is } \\ & \text { efficient facilities. } \\ & \text { Because of these exacting }\end{aligned}$ The "XL" appointment is $\begin{gathered}\text { Because of these exacting } \\ \text { the highest form of recogni-. } \\ \text { qualifications., only a select }\end{gathered}$
tion an
 for excellence in customer
service, product knowledge service, product knowledge.
business management, mer. business management, mer-
chandising and employee relations.
According to willer reAccording to Wilbur R.
Stringer, manager of ${ }^{\text {IH }}$.s Stringer, manager of $1 \mathrm{H}^{\prime}$ 's
three-state Dallas Agricul-three-state Dalias Agricul-
tural Equipment Region, "the overali theory is that
the farmer/businessman de the farmer/businessman demands
"xL" excllence- -hence
"performance from "Xose who serformance him, and an
tha
"XI Dealer" will "XL Dealer" will meet this
demand." Stringer also pointed out Stringer also pointed out
that North Plains int., Inc.,
had to meet man had to meet many standards. in order to qualify for this
coveted honor. Developed


BOSS LION EARL GOODHEART, LOOKS OVER THE "LION OF THE YEAR" AWARD, PRESENTED TO LION TROY SLLAN, AT THE TUESDAY
LIONS CLUB MEETING.
 News that nees nis pateis kim ronese


 Sin




Idoal will bo CPEN on Now Years Day ... 9 a.m. 108 p.m.
loeat will close at r:00 p.M Mew years eve.

Folger:
25: OFF \%
$\pm$ Fine Folyor's Coffico unaryixim vim couron

van camps

Beans..........cors $: 1^{c}$
unvors
Swoel Pwoens...........cicors
sunch stre



## saverkraut.



Hawallan
Punch............an $9^{c}$
Real
Mayonnalso ${ }_{\text {nor }}^{\text {ma }}$
$\$ 909$
sevors .. sncle

Snack
Crackers.......sox $59^{c}$

## NOW OPEN

We are here fo serve you with the finest TEXACO OILS.GASOLINESNOW TIRES

TRY US- YOU WILL LIKE US

LET US DO YOUR MECHANIC
WORK PERRYTOWHIWAY
(芬)

## Dean McNeft

## SPEARMAN TEXACO

## Phone 659-9973



Turkey Roast.. EAR-S...mEAT OR EEEF Skinless Franks..........nen 59c oscan marea
Braunschweiger.


## and Best Food Store!



ORANGE JUICE

${ }_{7 \times 1} \max ^{5} 7^{88}$ oontows satenoeso
Fantail Shrimp.
..... $64^{\circ}$ U.S.D.A. Cucice butcuar meok meat

Chuck Roast: ㅍ․․․․
, 79
Sliced Bologna....... met
$18.5{ }^{c}$
."2e896

The Ideal Ploce to save on Picturo-Perfect fresí Produce!


## COLORADO, RUSSET <br> potatoes



WASHINGTON, FANCY RED
Delicious
Apples.

THRIF-T PRICED


[^0]| Our Heritage of Fait <br> notes from Faith Lutheran Chur <br> The Annual Congregational Meeting of Faith Lutheran Church will take place Thursday, January 13, at $7: 30$ p.m. All members of Faith are urged to attend this very important meeting. <br> Dartball will resume play on January 3, as Faith travels to Hooker for an 8 p.m. match. We've done fairly well so far this season and look forward to the remaining competition and fellowship. <br> One of the themes or ideas brought out during this Christmas season at Faith was that we can keep Christmas in our hearts all year long and it (Christmas) can become a way of life. God's love, grace, and salvation came among us and became present in our lives at Christmas. If we carry these gifts with us always in our hearts and minds, then Christmas does, indeed, become a way of life: a life of loving, caring, trusting, and forgiving. And as Christmas fades away on the calendar, perhaps we should all make a special effort now to not let it also fade away in our lives. <br> If you have no home church or would like to visit with us at Faith, we warmly invite you to join us in worship. Sunday Morning Worship begins at $9: 30 \mathrm{a} . \mathrm{m}$. and the Sunday School hour begins at 10:30 a.m. <br> God be with you all through the new year ahead! |
| :---: |
|  |  |
|  |  |

Buchanans Have Christmas
Dinner
The Buchnans Family Memphis. Teass Mr and
 Home Demonotration Cluo Mr. David Wibion and tam: Room. Sunday afternoon, friends dropped
present.
Those present were Mr. Mri. Carenene vaveghi and
 Mr. and Mrs. Paul Buchanan of Pampa. Texas; Mr. and of Pampa, Texas; Mr. . D. Bassel of Bren-
Mrs.
ham. Texas: Mr. and Mrs. ham, Texas; Mr. and Mrs

Rotary Club
News The Spearman Rotary Club net Monday, December 27, It Martin's Steak Garden.
President, Junior Lusby presided over the meeting John R. Collard, Jr. pre. Wirsdorfer, Jack McWhirter, sented the program with a son Hergert, John Hutchi-
Silm on the Shrine Cripple Henton, J. L.

Archie Burress, Ellzey Van-
derburg, Larry Murphy, Coy derburg, Larry Murphy, Coy
Palmer, Mack McCormack, Jim McLain, L. E. Thomas,
Bob Elliott, Gary Sims, Tim Bob Elliott, Gary Sims. Tim
Woodington, and P. A. Lyon. Next meeting will be Jan. 3 at Martin's Steak Garden.
Boards To Celebrate Anniversary The son of Mr. and Mry honor his parents with a golden wedding anniversary reception from 2 p.m.
p.m. Sunday, January 9 p.m. Sunday, January 9 .
Friends of the couple invited to the reception in the First United Methodist Church Garden Room in
Borger. Borger
Marri Stinnett, they have one son, Wayne L. Board of Amarillo. The couple moved to Borger
from Morse in October, 1974 . They are members of the First United Methodist Church of Borger and
Order of the Eastern Star.
'Atlas of Texas'
AUSTIN, Texas (Spl.) Almost everything you ever
wanted to know about Texwantec to know about Tex-
as-from major hurricanes to as-irom major hurricanes to
local liquor options-is caplocal iquor options-is cap-
tured in maps and tables in a new edition of the "Atlas of
Texas." The atlas, published by The University of Texas Bureau of Business Research, gives an
instant picture of Texas' instant picture of Texas
geography, agriculture,
weather geography, agriculture,
weather,
recreansportation, recreation, manufacturing
and mining, and the states and mining, and the
culture and history.
coupies of the publication are Copies of the publication are
each (plus 60 cents tax) and may be obtained from the Bureau of Business Research. Only four countries in the
 largest country in South
America: Russia, China, Canada and the United State:


We hope 1977 offers peace and prosperity to the entire community.

## NORTH PLAINS ELECTRIC CO-OP

HWY. 83 N.
PERRYTON

WE KNOW YOU WORKED HARD FOR WHAT YOU HAVE; DON'T GIVE AWAY IN TAXES WHAT YOU SAVED FOR FAMILY
 Turner, Vice President and trust officer 4. David Thompson, investments 5. L.D. Patton, investments, 6. Dave Warren, financial advisory 7. Buster Kirk, farm
and ranch B. Richard Bryant, financial advisory

The new tax reform act still provides tax savings 4 possibly aven more if you ask before the end of this year. Our trained qualified, and helpful personnel are willing to help you with
your individual estate plan. For an appointment with you and your aftorney, life underwriter, or accountant, please phone your Trust Department

IN BORGER, 273-6461
For additional information, please complete and return the coupon (Please Print)

TO:

$$
\begin{gathered}
\text { PANHANDLE BANK \& TRUST CO. } \\
\text { TRUST DEPARTMENT } \\
\text { P.0. Box } 949 \\
\text { BORGER, TEXAS } 79007 \\
\hline
\end{gathered}
$$

$\square$

Member
F.D.I.C.
| Name ADDRESS


Martins Steak Garden


## NOTICIA DE ELECTION

SEGUN UNA ORDEN PROMULGADA POR DE el conte de comisionados del condado de Hansford notifiquese que se celebrar una election el 15th die de enero de 1977 , durante las horas de 7 A.M. Y 7 P.M. en. . . . . . . . . . . . . . . . . lei mismo siendo el lugar senalado par ley como el sitio de votacion de Precinto No. para el die antemencionado El Precinto Electoral . . . Civdad de. . . . . . . . . . Condado de Hansford Texas, con el propositi de voter para o contra la proposition: Si o no prover la oficina de Di rector del Hospital del distritodel condado de Hansford pore election disde ahora en adelante

Di reccinace de los sitios de votacion
Voter Precintos numero 1 -Tribunal de justicia
del condado.
Voter Precintos numero \#2-E1 Rancho de los Renter.
Voter Precintos numero \$3-E1 elevador Ide Graver.
Voter Precintos numero $\# 4$ rel edificio de agricola del condado.
Voter Precintos numero $\$ 5-$ El edificio de agricola del condado en Spearman.

Voter Precintos "LiLa escula secondaria de Spearman
Voter Precintos 7 -La iglesia de Oslo
Volar Precintos \#8-E1 luger para votear si va a star ausents esedia El tribunal de justicia de condado. La oficina del archiviro del condado.

Voter Precintos $\# 9-E 1$ edificio de comunidad de Morse.

Juez del Condado de Condado

SPECIAL ELECTION NOTICE

PURSUANT TO AN ORDER issued by Commissioners Court of Hansford County
notice is hereby given that a Special Election will be held on Saturday the 15 th day of January A. D. 1977, between the hours of 7:00 A. M. and $7 o^{\prime}$ clock P.M. at

## LOCATIONS OF POLLING PLACES

Direcciones de los sitios de votación
Voting Precinct \$1 - Spearman - Courthouse
Voting Precinct $\# 2$ - Tenner Ranch
Voting Precinct $\$ 3$ - Graver Elevator
Voting Precinct $\$ 4$ - Graver - County Agriculture Barn
Voting Precinct \$5 - Spearman - County Agriculture Barn
Voting Precinct ${ }^{\boldsymbol{*}}$ - Spearman High School
Voting Precinct 77 - Oslo Church
Voting Precinct \#8 - Absentee - Courthouse
Voting Precinct \#9 - Morse Community Building
in Hansford County, Texas, for the following purposes, viz: To allow voting for or against the proposition: "Providing the office of director of the Hansford County Hospital District shall hereafter be an elective office."


## Solar Heating Designs Topic

## $\begin{array}{ll}\text { WISU-A Texas Tech re-- } & \begin{array}{l}\text { predicted the solar heating }\end{array} \\ \text { searcher will } \\ \text { discuss } & \text { home } \\ \text { will provide } 70 \text { percent of the }\end{array}$ solar heating designs and space heating and water equipment at the J.anuary requirements, Dund antitional cost of Air, Solar Energy, Inc.) $\quad \$ 7.9,000$ in equipment costs. Dr. Jerry Dunn, who is "Air is circulated through currently involved in two solar collectors to provide currently involved in two will speak at $7: 30 \mathrm{p} . \mathrm{m}$. Jan. 11 at the TraveLodge West. Dunn noted. Extra energy Amarillo. The public is will be stored in a pebble invited to attend. and then releases it at night introduction to solar heating system is marketed by Solarinysoduction to solar heating is available, and then go into the specifics about the de. signs of the two houses," have not only solar water and Dunn said. space heating, but also solar air conditioning from a hy Financed through a U.S. brid liquid system marketed Housing and Urban Develop- by several companies. The ment solar demonstration system utilizes glass eval project grant, Dunn and the two solar homes that will be put on the public market upon completion. The first house built has its The first house built has its space heating and hot water provided by solar energy. charges could amount to $\$ 13-16,000$.

 Hansford Implement Christmas PartyHansford Implement held
their Christmas Party Friday, Hansford implement held
their Christmas Party Friday,
December 17, at their build. December 17 , at their build-
ing. delicious supper was catered by Supthen's of BorThe employees presented $\stackrel{\text { gift. }}{\text { Music and }}$ visiting was Enrollment drops enjoyed by Mr. and Mrs. by 1,200 at UT
Gene Cudd, Mr. and Mrs. Gene Cudd, Mr. and Mrs.
John Sutterfield, Mr. and Mrs. Jim Mclain, Mr. and Mrs. Darrell McCoy, Mr. AUSTIN, Texas (Spl.) and Mrs. Mike Cudd, Mr. Enroilment decreased by
and Mrs. Charles Bartz, Mr. more than 1,200 students this and Mrs. Charles Bartz, Mr. fall at The University of Texand Mrs. Steve Benton, Mr. as. The total enrollment is 41, ,
and Mrs. Je Cage. Mr. and
387 , a figure that includes 23 ,. Mrs. Galen Coates. Mr. and
Mrs. Gordon Collins. Mr. Mrs. Gordon Collins, Mr. students. and Mrs. Frank Edwards, Even though the College of
Mr. and Mrs. Odell Fanning,
Business Administration Mr. and Mrs. Rodney Sims,
Mr. and Mrs. Vernon Witt, two per cent drop in enrollMr. and Mrs. Vernon Witt, ment, it still led all other UT Mr. and Ms. Norlan Wine- colleges in number of
garner, Mr. and Mrs. David students-6,987 grarner, Mr. and Mrs. David
Beaver, Mr. and Mrs. Nor-

fewer students unan last year,
while six while six made gains. The
biggest increase came in the biggest increase came in the
College of Engineering, which College of Engineering, which
showed an enrollment gain of more than 15 per cent Cut electric bills

AUSTIN, Texas (Spl.)-If you want to cut your annual
electric bill almost in half, don't march on city hall but take some simple steps at
home, a University of Texas home, a University of Texas
energy conservation expert advises.
Energy-saving tips offered Energy-saving, tips offered
by Dr. Jerold $W$. Jones inby Dr. Jerold W. Jones in-
clude: -Increase insulation in the attic to six inches. windows, seal strip doors and with caulking structural gaps at light switches and elec-
-Use 60 -watt bulbs excent
in work or reading areas. -Set thermostats at 68 degrees
summer.
"It's the good loser that final-


## H. \& H. WATER WELL SERVICE, INC.

659-2242
GRUVER HIGHWAY
SPEARMAN


Cof C Adopts Papers At the Mid-Year Meeting fundamentals of American
of the Board of Directors of

Free Enterprise System for \begin{tabular}{ll}
$\begin{array}{l}\text { of the Board of Drectors of } \\
\text { the West Texas Chamber of }\end{array}$ \& $\begin{array}{l}\text { Free Enterprise System for } \\
\text { graduation from Texas high }\end{array}$ <br>
\hline

 

$\begin{array}{l}\text { che West Texas Chamber of } \\
\text { Commerce, eight position }\end{array}$ <br>
$\begin{array}{l}\text { graduation } \\
\text { chools is rom Texas } \\
\text { papers }\end{array}$ <br>
\hline
\end{tabular} papers were adopted in re-

gard to needed legislation gard to needed legislation
that should be considered by the 6 th Texas Legislature. Position papers have been
issued in regard to: (1) issued in regard to: (1)
Requirement for successful
completion of a mandatory completion of a mandatory
course on benefits and fun-
damente damentals of American Free Enterprise
duation from Texas high
schools; (2) requirement for economic impact statement
on all proposed on all proposed rules of
Texas agencies; ( 3 ) the need for including all persons,
engaged in activities to influengaged in activities to influ-
ence legisiation, under the ence legislation, under the
Texas loby laws; (4) the need for stringent require-
ments for zero-based budgeting for all state agencies: ( 5 )
urgent need for tion that requires all rules and regulations issued by state agencies be forwarded to appropriate house and
senate committees for con currence before they can go
into effect; (6) need for "sunset" law concept for most advisory committees and need for state legislation to eliminate unnecessary state agency expeniirures or
serving public relations vities; and (8) oppose Senate ratification of appointment of State of Texas cmployecs to
any State Board or Advisory Committee that sets or recommends policies
that employee would work
W. H. Collyns of Midland WTCC president, commenting on needed Texas legisiations, said that "require.
ments for the suessul completion of a mandatory
course on the benefits and that future of America; there
is a need for a requirement
for an economic is a need for a requirement
for an economic impact state-
ment on all Yor an economic impact state-
ment on all proposed rules of Texas agencies to protect
jobs both present and future: jobs both present and future:
and that a need for a "sun and that a need for a "sun
set ${ }^{\text {" }}$ " law for most state sef law for most state
agencies has been clearly
demonstrated.. demonstrated." "There should be "There should be zero-
based budgeting for all state agencies to reduce the cost of
ald state government on the
taxpayer," says the WTCC taxpayer," says the WTCC
president. "WTCC opposes president. "WTCC opposes
Senate ratification of ap.
pointment pointment of State of Texa
employes employees to any State
Board or State Advisory Board or State Advisory
Committee that sets or re-
commends Committee that sets or re
commends policies that the
employee would employee would work under
because of possible conflic because of possible conflici
of interest and the WTCC
feels of interest and the wTCC
feels there are plenty of
qualified pers qualified persons in the pri-
vate sector to fill all vate sector to fill all appoin-
tive state positions.." tive state positions."
C. L. Cooke of Fort Worth
. chairman of WTCC's State Affairs Committee, has stai
ed that "state lobby regult ed that "state lobby regula
tions should be made appli tions should be made app
cable to state agencies
heads and heads and employees, and
that there is a need for eli that there is a need for elim-
inating unnecessary inating unnecessary state
agency expenditures for self. agency expenditures for sel
serving public relations activitics.: "All
"All rules issued by state agencies should be forward
ed to appropriate House and
Senate Com ed to appropriate House and
Senate Committees for con
currence befure they an currence befure they can go
into effect," says Mr. Cooke "which would give elected members of the Legislature veto power on any regulation
deemed not to be in the deemed not to be in the
public interest and not the
intent of the public interest and not
intent of the Legislature."

## LocalEconomy

## Moving Forward





SPORTS BULLETIN
The Spearman girls lost
to Weslaco in a heartbreaker,
to Weslaco in a heartbreaker,
$56-54$ in the Duncanville tournament Tuesday night. The Lynxettes won their first game! By losing the second game, the Lynxettes are out
of the tourney. They are having some kind of bus
trouble, but hope to trouble, but hope to get it
fixed today, Wednesday. The Gruver, girls won their first game in the tourney, and will play anether totay,
(Wednesday) at Duncanille. (Wednesday) at Duncanville.
In the meantime, the Lynx and Gruver boys have lost all of their games in the Amaril.
lo Legion tourney, but actuallo Legion tourney, but actual-
ly by real small sccres. The ty by real small sccres. The
Lynx lost Tuesday to Post, 62.60, and the Greyhounds
lost to Canyon, $56-54$ Both lost to Canyon, $56-54$ Both
teams will play today, Wednesday, in the Amarillo tour-
ney.

## Happy

## New Year

 "mburywx Lynxetlesand Student body at Spearman Schools


| White House Lumber Co. 306 Davis 659-2818 | Hansford <br> Implement Co. <br> Hwy. $207 \quad$ 659-2712 <br> Spearman, Texan | Consumer Sales Co. 421 w, Kenneth Ave. <br> Spearman, Texac 659-2012 |
| :---: | :---: | :---: |
| Jr. Lusby "Cats" w. Gruver Hwy. spearman, Texat 659-3766 | DRIII/NG <br> BAKERETAYLOR <br> COMPANY | Equity Elevators <br> 104 Collard <br> Spearman, Texas <br> 659-2420 |
| Speartex Grain Co. <br> 514 Collard <br> 659-3711 | Gruver State Bank gruver 733-5061 | Lil' Lynx Shoppe <br> 312 Mala 689-8ces <br> Spearman, Tozae |

# $$
515
$$ 



GINEER $\begin{gathered}\text { CANADA DRY } \\ \text { - CUE SODA } \\ \text { oTOMII WATER }\end{gathered}$ FIME FARE PEANUT : П ~
 TRAPPEY'S BLACKEYED
 <br> \section*{kRAFT <br> \section*{kRAFT <br> marshimelow}

CREME


GROUND $: 3=$ FRESH FAMIIT ${ }_{\text {PB. }}$
"UNITED'S TRU-TENDR BEEF"
 \$ 19 \$1 19 In DRY SALT WASTE FREE

LB.


## "SHOP UNITED'S HEALTH \& BEAUTY AIDS DEPT!"


JANUARY 8TM IS
FINAL DAYTO REDEM
BONUSBENTENLAL
GARDS FOR BNHY



## Area Hospitals Operating In Red



## Come on by

Lady Fair and see the special values we have for you.

Starting Thurs. Dec. 30th
Lady Fair


## ORDER AND NOTICE OF ORDEN Y AVISO DE

election to consolidate districts ELECCION PARA CONSOLIDAR DISTRITOS
the state of texas
EL ESTADO DE TEXAS
COUNTY OF HANSFORD CONDADO DE HANSFORD

WHEREAS, on the 23 rd day of November, A. D., 1976, petitions were presented to me for an election to be held in each of
located in Hansford County, Texas, to-wit:

EN VISTA de que en el dia 23 de Noviembre, de 1976, A.C. me fueron presentadas peticiones para una eleccion que se llevara a cabo en cada uno de los
siguientes Distrotos Escolares situados en el Condado de Hansford, Texas,

1. Morse Independent School District No. 903, of said County.

Distrito Escolar Morse Independiente Num. 903, de dicho Condado.
on the question of determining whether or not a majority of the legally qualifie voters of said districts desire to be consolidated with each other for school purposes and with the following districts located outside of said county, to-wit:
el asunto de determinar si la mayoria de los votantes legalmente propositos escolares y con los siguientes distritos dituados fuera de dicho condado, a saber:

1. Pringle Independent School District of Hutchinson County Texas

Distrito Escolar Pringle Independiente del Condado
therefore, I, in my capacity as County Judge of Hansford County, Texas, do Morse order that an election be he

Por Lo Tanto, Yo, en mi capacidad de Juez de Distrito del Condado de dia 15 de enero, de 1977, en Morse Independiente Distrito Escolar.

Dated this the 24 th day of December, 1976.
Fechado esta dia 24 of Deciembre, 1976.


## Local Families Spending More For Homes

| How high a price can the | nent at this sime heece | going yp and are at thigher | Sute of Tense, 3.6 times. |
| :---: | :---: | :---: | :---: |
| Sose | they confront latrge number |  | 10 |
|  | Whasere in che martet | Lopay mere totereif |  |
| may | We been mouse-h | tormer years. |  |
|  | ing tor long ime ubi thae | They are finding, on the | The costo fused onees. .he |
|  |  | ${ }_{\text {is }}$ | s |
|  |  |  |  |
| Gruver Man Has |  |  |  |
|  |  |  |  |
| High Yield |  |  |  |
| Keith Lamb, of Gruverhas reported a high yieldamong local entrants in a |  |  | Seremed |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  | pal placings | menties. hes so.500 price |  |
|  | will be |  | arding to the mot |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| CROSSWALK |  |  |  |
|  |  |  |  |
| SCHEDULE |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
| $\begin{aligned} & \text { Morn.-Deb Gilbreath After.-Frances Garrison } \\ & \text { FRIDAY } \\ & \text { Morn.-Sharon Swan After.-Charlotte Jackson } \end{aligned}$ |  |  |  |
|  |  |  | ter 7:30 P. |



## OPEN MEW YEARS DAYI FOR YOUR SHOPPING COHVENIEMCE




[^0]:    HEALTA
    Good health isn't some-
    thing io envy in other people. thing io envy in other people.
    You can do many things to You can do many things to
    maintain your own health-or
    better it better it. And now is the
    time to come to grips with youe to come making some
    yourself by me molth resolutions, says good-health resolutions, says
    the Texas Department of Health Resources.
    Texas would be a much
    healthier state if everyone healthier state if everyone
    worked toward these enole worked toward these goals,
    and you and your family can contribute to your own wellbeing and that of your community.
    Promise Promise during 1977 to
    give your body at least at good care as you give your
    car. Periodic examinations car. Periodic examination
    are the best way yet devised are the best way yet devised
    to detect bodily disorder while they can still be treated successfully. It might be
    considered preventive mainconsidered preventive main-
    tenance. So let your doctor
    俍 look you over thoroughly
    once a year whether you're
    aill ailing or not. Make it twie
    yearly if you're middle-aged. yeariy if you're midide-aged
    Your physician can give you the proper schedule. Dental troubles may no
    kill you, but sometimes they kill you, but sometimes they
    can make you wish you were dead. Check in once yearly with your dentist to malke certain your teeth and gums
    are in good shape, and let are in good shape, and let
    him teach you the proper way
    to maintain your dental to maintain your health every day.
    Do your clothes seem to fit
    a little more snugly these days? If so, it could mean yaus're pputing on weight,
    which is a lot harder to take which is a lot harder to take
    off than it is to put on. $1 \mathrm{I}^{\prime}$, off than it is to put on. It's
    difficult during the holiday
    season to pass up the goodies season to pass up the goodies
    which come your way. But if which come your way. But if
    you've overdone it, resolve to you've overdone it, resolive to
    start passing up the candied start passing up te cancied
    yams, gravies and cream-
    filled tidbits which almost invariably spell extra pounds and perhaps an early grave.
    Too much weight contributes to high blood pressure. and may be associated with hardening of the arteries and
    various forms of heart dis. ease. Also, it means im-
    paired vigor, greater surgical paired vigor, greater surgical
    risk and greater danger from otherwise minor illnesses.
    On the other hand, you've noticed an unusual
    loss of weight, you should onsult your physician. scribed exercise regimen will keep your body in shape,
    tone up your heart muscles tone up your heart muscles
    and put the spring back into your step.
    There are many pursuits
    which people of all ages may which people of ali ages may ndertake in order to get the
    needed exercise. While jog. ging might be all right for
    some people, brisk walking some people, brisk walking
    or ocher forms of exercise thers.
    Statistics linking smoking to cancer and heart disease tougher to pile tougher to it is. tionalize the smoking habit. If you still smoke, now's the
    time to quit. Tomorrow time to quit. Tomorrow
    could be too late.

    Organizing Your Efforts For homemakers who conare just plain interested in the wiy to combinine imagination
    with organization
    ence of any auceesful eresence of any succemsful
    ative effort! It's a new menu planning
    calendar that's alsop a cook-
    book. Over 100 recipes supply inspiration for inventive
    menus which you can outiline
    right in this workhool menus which you can outine
    right in this workbook. A.
    handy
    hand tear off shopping list at the bottom of the page
    helps you get organized. Planning ahead saves tim
    and money. You can tak advantage of best buys
    tured in new
    yous ander you eliminate impulve pur
    chases which ean ruin
    budget. Anticipating leftovers And how to une them is an down good resson for jotting down your menu plans for
    the weok. Finally, it is one
    eeary way to avoid several trips to the supermarket Beaides serving as a men
    planner, ahopping lint
     plete table of weights and
    measurres (atandard and metrie), a nutrient guide (e help you plan balanced moont/
    and tipo for low anturated fat/
    low eholet
    
     pons. But the whole bouk
    costa you only one doller, recetive a cony, mend ado Tollen
    to Creativo cooking, to Creative cooking, P.O.
    Box 252, Dopt. P, Bolimons.
    N.Y. 1171 Box 252, Dop
    N.Y. 11710 .

