

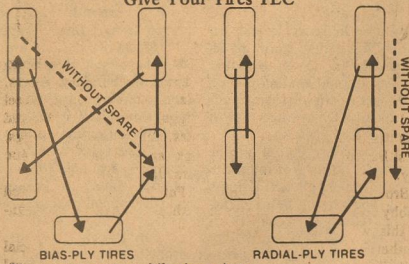




# How To

By Dave Petzal  
Editor  
Mechanix Illustrated

## Give Your Tires TLC



**BIAS-PLY TIRES**  
The average automobile tire starts life with only 1/4 inch of tread, and that slim bit of rubber can last anywhere from 40,000 miles to twice that figure—if you give it Tender Loving Care. The way you drive is a factor. Jackrabbit starts and screaming stops and turns can peel off thousands of miles worth of tread every time.

Tire pressure should be checked with the change of seasons, before any major trip and if you are planning to carry an unusually heavy load. Don't trust the gauges in gas stations; they're notoriously inaccurate. You can buy a good gauge for only a few dollars in any hardware or auto supply store.

**RADIAL-PLY TIRES**  
Don Chaikin, automotive editor of *Mechanix Illustrated*, offers this tip to check if a tire is worn out. All you need is a Lincoln-head penny. Insert the penny, head down, into the tread groove, and if the top of the head is completely exposed, it's time for new rubber.

Bias-ply and radial-ply tires should be rotated differently. The two patterns are shown in the chart above. Some experts believe that front-wheel drive autos should not have their tires rotated, since the rear tires last a long time, and you'll only have to replace the front ones.

# AMERICAN CRAFTSMANSHIP

## Getting To The Heart Of Wood Treatment

Before treating wood, some companies dry their stock to take the excess moisture out and let more preservative in. After treatment, the treated wood should be stabilized by a further drying process.

Experts report that treated wood has a proven life expectancy of 40 years and beyond. That's because some companies go beyond surface treatment to give you superior and consistent quality in treated woods, such as fenceposts. One company that does this is St. Regis, which, experts say, puts the pressure on wood to last longer.

How?  
CCA, Creosote, or natural color Penta are uniformly forced into the wood in a pressure cylinder using 150 pounds of pressure per square inch of wood surface. Result: preservative penetrates near to the heartwood.

That company also avoids the "pore" or dipped treatment so widely used on most treated wood. "Pore" treatment is only skin deep. It only scratches the surface of what makes for long life.

Many wood experts point out that properly treated wood endures—maintenance-free and beautiful



Most wood treatment is only skin deep and only scratches the surface. One well-known company puts pressure on wood to last longer and the preservative penetrates near to the heartwood.

ly—for years to come. Treated woods are becoming more and more popular for landscaping projects, often replacing redwood and cedar. Around on wood.

# COOKING CORNER

Ideas from Betty Crocker's Working Woman's Cookbook

Recipes for quickly prepared, tasty dishes are treasured by working women everywhere—and, many point out, every woman is a working woman. As their numbers grow (there was a 2.9 percent increase in the number of women working outside their homes in just the last year), America's nearly 50 million working women like to know that they're not skipping on appetizing meals or important nutrition.

The new *Working Woman's Cookbook* from Betty Crocker will help them accomplish that goal. This 160-page illustrated volume offers quick-and-easy, recipes and dishes that can be done ahead and refrigerated or frozen. There are loads of timesaving tips for menu planning, shopping and storage.

The book is from Random House. It's priced at \$10.95 and is available at department and bookstores.

Here's a sample do-ahead recipe:

### HOT VEGETABLE SANDWICHES

- 6 unsliced whole wheat or white hamburger buns
- 1 1/2 cups shredded Swiss cheese (about 6 ounces)



Vegetables and cheese... a tasty team for hot, satisfying sandwiches

- 1/4 cup mayonnaise or salad dressing
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil leaves

- 2 small zucchini, thinly sliced (about 1 cup)
- 1 large tomato, chopped (about 1 cup)
- 1 medium onion, chopped (about 1/2 cup)
- 1 can (2 ounces) sliced ripe olives, drained

Cut thin slice from top of each bun; reserve. Remove center from each bun, leaving 1/4-inch wall. (Use removed bread for crumbs or stuffing.) Mix cheese, mayonnaise, salt and basil; spread about 1/4 cup in bottom of each bun. Mix zucchini, tomato, onion and olives; divide among buns. Top with reserved tops of buns. Wrap each sandwich in heavy-duty aluminum foil. Refrigerate no longer than 24 hours.

About 35 minutes before serving, heat wrapped Hot Vegetable Sandwiches on oven rack in 350° oven until hot and cheese is melted, about 30 minutes. 6 servings.

NOTE: The book also gives directions for making this recipe to serve immediately.

That popular and delicious melon, the cantaloupe, gets its name from the village of Cantalupo, Italy, where it was first grown in Europe.



### HIGHWAYS AND LOW TAXES

By Robert B. Priest  
With many of America's highways on the road to ruin, American taxpayers are becoming concerned about having to pay more to have those roads repaved.

Fortunately, modern technology has provided a practical alternative to expensive asphalt—an alternative that can save taxpayers money.

High-performance grinding machines, equipped with diamond saw blades, can rehabilitate old concrete highways by removing bumps and surface imperfections.

More federal funds are likely to be available for road repairs soon. If the highways are rehabilitated by the diamond grinding method, they are likely to remain in good condition for a longer time.

For a free brochure about the diamond grinding process, write to the Target Products Division, Federal-Mogul Corporation, 4330 Clary Blvd., Kansas City, MO 64130.



A textured road looks like corduroy, rides like velvet.

dred dollars a ton.

The less expensive diamond grinding process, on the other hand, produces a level as well as a textured surface with a high skid-resistant quality. This means a safer, smoother ride for all motorists.

Mr. Priest is General Manager of the Target Products Division of the Federal-Mogul Corp. His company makes the grinding machines and the diamond blades used to rehabilitate highways.

# Starts December 14th.

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Enjoy high efficiency climate control for all seasons. The secret is a combination of two proven energy savers... an extra-large coil and an extra-efficient compressor. So it costs less to cool your home in summer, to heat your home in winter.

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EASTLAND

**Ranger Jr. College Begins New Semester**

RANGER — The Spring Semester at Ranger Junior College will officially begin next Tuesday when classes resume.

Pre-registration is being held all this week, the dormitories will open Sunday and students may register Monday.

Mr. and Mrs. Crofford Thurman of Gorman and James F. Rider, Karen, Krista and Douglas of Ontario, Calif. spent Christmas week in Austin with Grace Rider, Burks and Stella D. Rider.

**LOW INCOME FAMILIES ELIGIBLE FOR AID**

Some low-income Texas households may be eligible for help in paying their heating bills, according to the head of the Texas Department of Human Resources.

Human Resources Commissioner Marlin W. Johnston said the assistance with paying utility bills is available to low-income households who in January 1983 received food stamps, Aid to Families with Dependent Children, Supplemental Security Income, or needs-tested Veterans Administration benefits in January.

Potentially eligible veterans are those who receive payments under 414, 521, 541, or 542 of Title 38 of the U.S. Code or under Section 306 of the Veterans and Survivors Pension Improvement Act of 1978.

Eligibility is limited by gross income. For instance, aid is available for a one-person household having less than \$334.49 gross income per month. The gross income limit is \$546.49 for a two-person household, \$749.49 for a three-person household, \$926.49 for four

**IT'S THE MOST!**



The world's best selling secular book is the annual reference work *The World Almanac & Book of Facts*, first published all the way back in 1868. So far, it's sold over 38 million copies and its sales increase by some 1,100,000 each year.



The best selling anti-freeze/coolant in the world is not only a strong seller, it's even more effective than it was before. It's called Prestone II Anti-Freeze/Coolant. The first anti-freeze to add coolant, it was also the first to add a silicone/silicate formula to protect the aluminum parts in today's engines.

persons, \$1,092.49 for five, and \$1,277.49 for six.

Eligible households must be subject to energy cost increases—because of higher bills or rent due to rising utility costs.

Households are eligible if they live in privately owned or rented housing even if the cost of utilities is included in the rent payment or if the household pays only a portion of its home energy costs.

Johnston said application forms are mailed automatically to households which receive food stamps, AFDC, and SSI. Households receiving needs-tested Veterans benefits must request an application from DHR in January.

If you have not received an application and think your household may be eligible, contact a local office of the Texas Department of Human Resources, Johnston said.

**WHAT'S IN IT FOR YOU?**

**Exercises You Can Do At Your Desk**

These suggestions are excerpted from a booklet prepared by the experts at *Transamerica Occidental Life*, one of North America's leading life insurers and a company which has a special interest in prolonging your life.



You'll feel less tense and more energetic if you exercise.

If, like many Americans, you're deskbound during the day, you can still exercise. Here are a few exercises that don't even have to interrupt your work. You can do them as you sit at your desk reading or while on the phone:

- **Head rotation.** Sitting up straight, with your hands on your hips, slowly bend the head backwards looking at the ceiling, then bend it forward and look at your feet. Tilt your head to the right side and then to the left side. Begin this rotation pattern by slowly repeating once around to the right and then around to the left. Start with five to ten rotations in each direction. Progress to 11 to 20 rotations in each direction.

- **Chest and shoulder stretch.** Sitting erect, arms bent in front of your chest at shoulder height, with your fingers touching your shoulders, pull your elbows back as far as you can and return them to their original position. Start with ten to 20 repetitions; go on till you can do 21-40 repetitions.

- **Body rotations.** Sitting up straight, with your hands behind your head, rotate your upper body as far as you can to the right and return, then to the left and return. Move at a moderate pace and try to gradually increase your range of movement. Start with ten to 20 repetitions. Progress to 21 to 40 repetitions.

- **Side body bend.** Sitting up straight, with your arms extended overhead, bend at the waist slowly to the left as far as you can go and then return to your starting position. Repeat the same motion to the right. Again, gradually try to increase

your range of movement from ten to 20 repetitions to 21 to 40 repetitions.

Simply by doing such exercises a couple of times daily, you will be stimulating your circulation, strengthening your muscle tone and avoiding a raft of unpleasant conditions. You will probably feel less tense and more energetic at your work if you occasionally give your body something more to do than push phone buttons or a pen while your mind shifts into high gear.

Away from the office, make recreational activities an important part of your health program. They give you the chance to relax and enjoy a social life, and many of them contribute to your fitness development.

Hiking, tennis, handball, squash and certain team sports fit the latter category. But even others which aren't so demanding (such as golf) will stimulate your body to some degree.

A few words of advice: Try to keep your recreational activities varied so that maintaining interest is easy.

Avoid a highly-competitive spirit, which sometimes can overpower common sense.

There's a whole list of diseases and problems just waiting to attack the sedentary American. They include obesity, high blood pressure, premature aging, lower back pain and heart or blood vessel disease.

Are you going to just sit there and take it? There are many activities

you do that provide great exercise such as walking, climbing stairs or riding your bike to the neighborhood store. A free brochure on exercise is available by writing to: *Transamerica Occidental Life*, P.O. Box 15089, Los Angeles, CA 90015.

**FACTS & FIGURES**

By Candace Lieberman

North American Precise Syndicate  
Every day, more than 107,000,000 Americans read a newspaper. Every week, 90 percent of the adults in the country read at least one paper.

That may explain why newspaper advertising revenues lead all major media—



more than television and radio combined.

In fact, newspaper advertising was up 12.1 percent in 1981.

**GORMAN CARE CENTER NEWS**

JETTIE DANIELS

Last Thursday Night for singing we didn't have many residents present, due to illness. But had a nice group of singers and had a very very good singing. Had several good specials. Everyone was great and thanks to all.

Those that were not present, did indeed miss a great blessing.

Last weeks Bingo winners were: Game I Ollie Nelson, Buddy McClearn. Game II. Lonzo Coffman, Game III. Mary Timmons. Game IV. Jessie Lemley. Black Out Game: Mary Timmons.

Our get well wishes to all those in the hospital from all of us at Gorman Care Center.

Hope to see you Thursday Night at Singing.

Time: 7:P.M. to 8:P.M.

The peanut is really a bean, not a nut.

**CRIME STOPPERS**

Burglary occurs every two minutes in Texas, leaving behind losses that cannot be replaced. In Texas, burglary rings account for 245 million dollars worth of stolen goods annually, an average loss of 966 dollars per home.

Crime prevention is one answer to this growing problem. The simple act of locking one's home before leaving, reduces the chances of burglary by 20 percent. Asking your neighbor to pick up your newspaper when you are away from home and turning household lights on at intervals, can deter a prospective burglar. The Texas Crime Stoppers Advisory Council is doing its part to see that those criminals who make their living by stealing from others are put where they belong — behind bars.

For the month of January, 1983, Texas Crime Stoppers is focusing its statewide "Crime of the Month" program on burglary. Any citizen having information about burglary is asked to call the anti-crime hotline at 1-800-252-TIPS. Cash reward are available for information leading to the arrest and indictment of these criminals.

Our efforts to combat crime cannot succeed without active citizen involvement. Your support and participation in this program will be a formidable obstacle to any criminal.

Call 1-800-252-TIPS today to help shut down burglary rings in Texas.

**WINTER SALE**  
**30 TO 50% OFF**  
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**TINA'S**  
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\* (If your balance falls below \$2500 you'll earn 5% plus a \$10.00 monthly service charge.)

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**PENNZOIL** \$1.19 qt. 30 wt  
THE Tough Film. MOTOR OIL  
NET 32 FL OZ (1 U.S. QT)

**Motorcraft** \$3.29  
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**OIL FILTER WRENCH** #2546 \$1.49  
**K-D TOOLS** make tough jobs easy



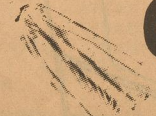
**DRAIN PAN** #679301 \$1.89  
Heavy duty polyethylene for oil or antifreeze. Wilmar W110

**Oil Spout** #679301 \$1.69  
**WILMAR** Heavy Duty Spout — Chrome plated

**DELUXE TRANSMISSION FILLER** All purpose 6" diameter. Poly funnel with 18" hose and nozzle. \$1.99

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Gorman 734-2884  
**SPECIALS JANUARY 12-15**



 <b>GOOCH'S FRESH GROUND BEEF</b> POUND \$ <b>1.29</b>	<b>GOOCH ROUND STEAK</b> POUND \$ <b>1.98</b>	<b>FLOUR</b> <b>GLADIOLA</b> 5 POUND BAG <b>LIMIT 1</b> <b>89<sup>c</sup></b>
<b>ROAST</b> <b>GOOCH</b> <b>ARM</b> POUND \$ <b>1.59</b>	<b>TEXAS RUBY RED GRAPEFRUIT</b> <b>6-1</b>	<b>POTATOES</b> <b>RUSSETT</b> 10 LB. BAG <b>99<sup>c</sup></b>
<b>ROAST</b> <b>GOOCH</b> <b>CHUCK</b> POUND \$ <b>1.49</b>	<b>HUNTS 1/2 OR SLICED PEACHES</b> 29 OZ. <b>69<sup>c</sup></b>	<b>EGGS</b> <b>GRADE A</b> <b>MEDIUM</b> DOZ. <b>49<sup>c</sup></b>
<b>Coffee</b> <b>FOLGER'S</b> ALL GRINDS LIMIT 1 <b>LB. 1<sup>89</sup></b>	<b>EAST TEXAS YAMS</b> POUND <b>29<sup>c</sup></b>	<b>VEG OIL</b> <b>PARADE</b> 24 OUNCE <b>89<sup>c</sup></b>
 <b>ONIONS</b> TEXAS YELLOW MEDIUM POUND <b>10<sup>c</sup></b>	<b>DINNERS LUNCH MEATS POT PIES</b>	<b>HASH</b> <b>ARMOURS CORN BEEF</b> 15 OUNCE CAN <b>99<sup>c</sup></b>
 <b>CARROTS</b> CELLO BAGS <b>29<sup>c</sup></b>	<b>KARO SYRUP</b> 32 OUNCE \$ <b>1.59</b>	<b>TOMATOES</b> <b>HUNTS WHOLE</b> 28 OZ. CAN <b>69<sup>c</sup></b>
<b>ANTI-FREEZE</b> <b>ARTIC-X</b> GALLON \$ <b>2.99</b>	<b>JUMBO PAPER TOWELS</b> ROLLS <b>49<sup>c</sup></b>	<b>H-DR!</b>
		<b>Jay's</b> <b>School Supplies</b> <b>SHOP ONE STOP</b> <b>Grocery &amp; Market</b> PHONE 734-2316 -- GORMAN

THE GORMAN PROGRESS JANUARY 13, 1983

### CARBON NEWS

By Mrs. Bob Hasting  
689-2517

Everybody seems to be enjoying the sunshine we have had the last few days. Several of our people are still sick and maybe the sunshine will help us all feel better.

Mr. and Mrs. Jack Stubblefield of Bartlesville, Oklahoma visited Mrs. Inus Stubblefield and the Mack Stubblefield last week.

Marvin Hall of Wichita Falls visited Mr. and Mrs. Roy Skinner on Saturday. Also visiting in the home one day last week were Mr. and Mrs. John Webb of Desdemona.

Visiting Mr. and Mrs. Jim Hogan and Bob last weekend were Mr. and Mrs. Royce Kinard of Odessa Mrs. Kent Bowden and boys of Pampa. Mr. and Mrs. Ira Hamil and son of Odessa visited

Mr. and Mrs. Buck Weston on Saturday. On Sunday Mr. and Mrs. John McKeenan of Sipe Springs visited in the home.

Junior High Basketball News: Last Monday night Carbon Junior High boys and girls hosted Gorman, Carbon boys won their game but the girls lost.

In the Tournament at Gorman this weekend Carbon teams won 3rd place. They will play Moran tonight Monday. So far the boys have won all their District games.

—GP—  
A heavyweight on a long wire set to swinging will appear to change the direction of its swing. In fact, it is the earth's rotation that moves the ground underneath the pendulum.

### KOKOMO NEWS

By Zelda Jordan

Praise the Lord for the beautiful weather that we are having right now. Sure makes us forget about the icy cold winter weather for a little while.

Chad Eaton of Abilene, Dale Collum of Desdemona and Ruth Bryant were visitors at the Kokomo Baptist Church on Sunday morning. And it was sure wonderful to see Mrs. Thelma O'Neal able to be in the church service.

Mr. and Mrs. Willis Morrow of Levelland and Mrs. Earlene Blakney of Lubbock spent the weekend with Mr. and Mrs. J.L. Morrow and they all attended the reception honoring Mr. and Mrs. M.M. Logan on their 50th wedding anniversary at the Fellowship Hall of the United Methodist Church in Dublin on Saturday, Jan. 8. Larry

Morrow and Mike Blakney also attended the reception.

Sunday visitors with Mr. and Mrs. J.L. Morrow were Mr. and Mrs. Charles Elston of Huckabay, Mr. and Mrs. Earl Morrow of Stephenville, Mr. and Mrs. Willis Morrow of Levelland, Mrs. Earlene Blakney of Lubbock, Mr. and Mrs. Larry Morrow, Lance, and Lenny and Mike Blakney.

Mrs. Vernon Fields visited several days last week in Morgan Mill with Mr. and Mrs. Richard Nachtigall, Taylor and Trevis.

Mr. and Mrs. Wayne Eaton, Chad and Lindsay of Abilene and Mr. and Mrs. Ricky Fuller and Wesley visited with Mr. and Mrs. Claude Fuller during the weekend.

Mrs. Claude Fuller visited in De Leon on Friday with Mr. and Mrs. Theron Flatt.

Mr. and Mrs. Albert Hendricks were visiting with Mr. and Mrs. Lum Tuggle on Wednesday night.

### KOKOMO E.H. CLUB PLANS STEW SUPPER

The Kokomo Home Extension Club met in the home of Mrs. Cullen Rodgers Monday Jan. 10 at 2:00 P.M. for a regular meeting.

President Mrs. Bill Brown led the Club Theme, Creed and Prayer. Mrs. Otis Griffith voiced the Prayer.

Mrs. Cullen Rodgers read scripture Roman 5: 12-17

Roll Call was answered by, "A Habit I Need to break," or "one qualification of a good leader."

Mrs. Bernice Rodgers read the Minutes and goal Treasures report.

The Spring District Meeting will be April 5 at Acton in Hood County.

Mrs. Otis Griffith gave council report.

The Club decided to approve Proposed 1983 Recommendations of Work for Eastland County Extension Homemakers Council.

The Annual Benefit, Stew Supper will be Saturday Feb. 26th 5 to 8 P.M. at the Kokomo Community Center.

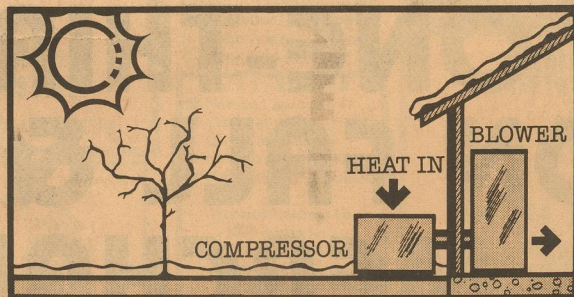
Mrs. Janet Thomas Co. Extension Agent gave a very interesting and informative demonstration, "Cleaning on a Shoe String."

Mrs. Rodgers served delicious refreshments of salad plate, peanuts, chocolate cake, chips, with hot chocolate or coffee. The table had a beautiful white table cloth with Multi colored floral arrangement. Present were: Mrs. Janet Thomas of Eastland and Members Mmes. Bill Brown, J.C. Clearman, Albert Hendricks, Glenn Jordan, Odus Rodgers, J.L. Morrow and Otis Griffith.

The next meeting will be at the Gorman Care Center Birthday party January 27th at 2:00 P.M.

*America the Beautiful*

## Save energy with a heat pump.



If you're planning to install a new heating or cooling system, consider a high-efficiency heat pump. It's an energy-saving, year-round alternative.

The heat pump provides year-round heating and cooling, using only electricity. During the winter, it extracts heat from the outside air (even very cold air contains heat) and brings that heat inside where it's needed. In the summer, the heat pump is a regular air conditioner, removing unwanted heat from the inside air.

The heat pump is the most efficient combination heating and cooling system that can be installed in your home today.

To learn more about the heat pump, call your air conditioning contractor. And when you call, ask about the year-round heat pump that qualifies for a bonus check from Texas Electric.

**Texas Electric Service Company**

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## Celebration

### WEDDING STATIONERY

We are proud to be a part of the important occasions and celebrations in your life. Our Celebration line will provide you with an outstanding selection of wedding invitations, social announcements, wedding stationery, napkins and accessories.

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