

Portraying Area Homemakers

This week's area homemaker, Mrs. Peyton (Jeanette) Ramey, has been a resident of Farwell for four and one-half years. Her home is located at 101 Manana, where she lives with her husband and two-year-old daughter, Katy. Ramey is employed with the Golden West Seed Co. as an agronomist.

Mrs. Ramey was born and raised in Quanah and graduated from high school in Chillicothe. She holds a Bachelor of Arts degree from Hardin-Simmons University and a Master's degree from Texas Tech. Prior to moving to Farwell, Mrs. Ramey taught school in Mexico. Among the subjects she taught there were English, American history, driver's education and speech. She plans to go back to teaching sometime in the future, she says, but right now is doing some substitute teaching in the schools.

Ramey served in the Army for two years. His unit was attached to the Air Force. While in the service he operated heavy equipment used in building air fields and roads. He also has a degree in agronomy from Texas A&M University.

Mrs. Ramey has quite a list of hobbies, including sewing, crewel embroidery, painting, cooking, bridge, antiques, and bottle collecting. She has been collecting bottles for about four years and among her collection is a replica of the first Coca-Cola bottle used. She also enjoys hunting and fishing with her husband.

Around the Ramey house are several unusual plants. Among these are tree lilac, hibiscus, tobacco, mint and climbing okra. The Rameys also have one of three bluebonnet patches in this area. Also unusual around the Ramey household is the fact that they grind their own corn meal and flour from a grist mill.

The Rameys are members of the First Baptist Church of Farwell. Mrs. Ramey is a member of the Texico Woman's Club and B.P.O. Does of Clovis.

Among Mrs. Ramey's future plans are to make Christmas decorations for her family's tree. She is making the decorations out of wood from patterns she got from her sister-in-law.

Here are three of the Ramey family's favorite recipes which they are sharing with Tribune readers this week:

lukewarm. Remove from pan when cold.

WILTED LETTUCE
 4 cups shredded lettuce
 6 slices bacon, diced
 1/3 cup water (optional)
 1/4 cup vinegar
 1 boiled egg, chopped

1 small onion, diced
 4 T. sugar
 salt and pepper
 Brown bacon in pan; remove bacon. Combine lettuce, onion, egg. Combine vinegar, water, salt, pepper and sugar. Add to bacon fat. Heat to boiling. Pour over lettuce. Serve at once.



MRS. PEYTON RAMEY AND KATY

Woman Dedicates Poem To Father

Mrs. John (Mamie) Hightower of Texico has composed the following poem which she dedicated to her father, W. H. Jarrell, who resides at Retirement Ranch in Clovis. Mr. Jarrell is 101 years of age.

IT'S A LONG, LONG ROAD
 by Mamie Hightower
 It's a long, long road and it covers a span
 From the birth of a child to the death of a man,
 The ox cart with its slow, slow tread
 The covered wagon that pulled ahead,
 The horse and buggy,
 The surrey with the fringe on top,
 With the horses going at a brisk clop-clop,
 Then came mills of steel, hard work and strain,
 And the big black monster was our very first train.
 The people stopped, looked and wondered when
 If it ever stopped, would it start again.

From a log cabin on a Louisiana trail, the road has widened and covered a span
 From the birth of a child to the death of a man.
 Mr. Ford came up with a dream from afar
 And built a buggy without a horse and called it a car.
 The telephone that was fastened to the wall
 You turned with a handle when you made a call.
 'Lest we forget' --
 The phonograph, the radio, the television set,
 Planes in the air that fly with a hum,
 War after war with the best of the drum.
 We pray that peace will come to us soon,
 But we do have the missile and the man on the moon.
 The sun shines bright and casts its rays
 From the Louisiana trail to the great freeways.
 But the man is old and the road is dim
 Let's offer a special prayer for him.
 For it's a long, long road that covers a span
 From the birth of a child to the death of a man.

Wish I'd Said THAT

Greet each dawn with a smile and your neighbors will wonder what you were doing up all night.—Harold S. May, The Florence (Ala.) Herald.

Beware of the half-truth; you may have gotten hold of the wrong half.—Fred W. Grown, The Bergen (N. J.) Citizen.

When the world entirely fits your notions, you'll be the only person in it.—N. Devane Williams, Holmes County (Fla.) Advertiser.

ANNOUNCING



National Oil and Butane Is Proud To Announce That Roy Cox Is The New Dealer At The Fina Station On Ave. A In Farwell. The New Business Will Be Known As COX FINA STATION Farwell, Tex.

Young In Heart Are Cosmopolitan Cooks

You're not playing the game unless company dinner features an unusual dish these days. Everybody travels and picks up recipes to try on friends, so tastes are attuned to cosmopolitan foods.

A wonderfully tasty dish, that has gained popularity north of the border, is Arroz con Pollo, the classic Latin American way with rice and chicken. This dish calls for the addition of peas -- and Birds Eye Deluxe Tender Tiny Peas fill the bill of fare deliciously.

Mushrooms add interest to this rice and chicken dish, too. Tomatoes, tomato paste, and chicken broth add flavor. Not too far out for most tastes, the only unfamiliar seasoning in Arroz con Pollo is saffron, the yellow-orange stamen of a Spanish crocus. It gives a distinctive flavor to the dish. Drug stores are more likely to carry it than supermarkets. Saffron comes two ways: crushed or in little twiglets (stamens) that should be soaked in hot water or melted butter before being added to a recipe in order to extract full flavor. Expensive either way, but worth it if you want to be authentic with the recipe. The seasoned flour called for in the recipe, incidentally, means your usual mixture of flour, salt, and pepper, plus paprika if you like, for browning chicken.

Arroz con Pollo is kin to the Spanish national dish, paella, except that it has no clams, shrimp, lobster, or pork in it. It probably arrived in the western hemisphere via Columbus' Pinta, Nina, or Santa Maria, or

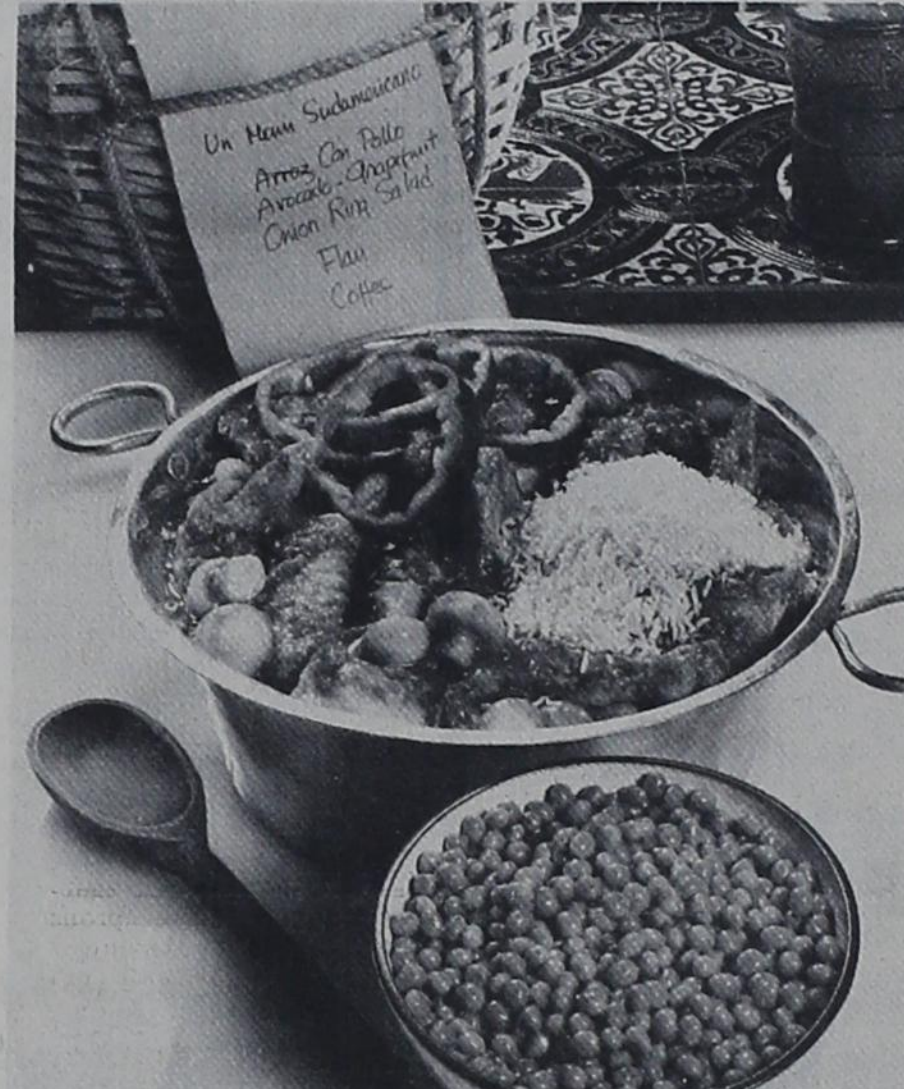
with the settlers that came shortly afterward.

They also discovered the charms of avocado -- sometimes called the poor man's butter in Mexico. And the perfect salad with Arroz con Pollo when combined with grapefruit sections, onion rings, and an oil and vinegar dressing. For dessert, serve flan or what we call Caramel-Topped Custard. Make it from egg custard mix that doesn't have to be baked, just cooked about 10 minutes top of the range and chilled.

Recipes for the meal-in-one-dish and the dessert are listed below:

Arroz con Pollo
 6 lbs. (about) frying chicken pieces
 1/2 c. seasoned all-purpose flour
 1/4 c. butter or other shortening
 1 clove garlic
 1 c. sliced onions
 1 can (3 oz.) whole mushrooms, drained
 1 can (6 oz.) tomato paste
 1 can (1 lb. 13 oz.) tomatoes
 2 c. chicken broth*
 2 bay leaves
 1-1/2 t. salt
 1/8 t. crushed saffron
 3/4 c. sliced green pepper
 1-1/3 c. packaged enriched pre-cooked rice
 1 pkg. (10 oz.) frozen deluxe tiny peas, cooked and drained
 1/4 c. sliced stuffed olives (optional)
 2 T. chopped parsley
 *Or use 2 chicken bouillon cubes and 2 cups water.
 Roll chicken in seasoned flour; brown in butter in skillet.

Caramel-Topped Custard
 1/3 c. sugar
 1 pkg. (3 oz.) egg custard mix
 1-1/2 c. milk
 1/2 c. light cream
 1 egg yolk (optional)
 Chopped nuts
 Melt sugar in heavy skillet, stirring constantly. When golden in color, quickly pour into a small (2-1/2-cup) bowl or casserole and rotate quickly to coat bottom and sides with syrup.
 Blend custard mix with milk in saucepan. For an even richer custard add egg yolk. Bring quickly to a boil, stirring constantly. (Mixture will be thin.) Pour into syrup-lined bowl. Chill thoroughly. Unmold. Sprinkle with chopped nuts. Makes 2 cups or 4 servings. (Refrigerate any leftover custard.)
 Note: Custard is satisfactory prepared with whole milk, reconstituted nonfat dry milk, or use evaporated milk.
 Note: Do not freeze. Recipe may be doubled using a 1-quart casserole.



MEAL-IN-ONE-DISHES are popular the world over. Travelers soon discover Arroz con Pollo, pictured, as they eat their way through Mexico and adopt this savory concoction of chicken and rice at home. The fresh green touch is supplied by tiny peas from Birds Eye's frozen vegetable line, also pictured.

On The Farm In Parmer County

By R. MACK HEALD
 County Agent

EFFICIENCY OF PRODUCTION CAN HELP SWINE PRODUCERS

With the current low hog prices, commercial producers must strive for efficiency in order to withstand this price-cost squeeze.

According to Dr. W. B. Thomas, a Texas A&M University Extension swine specialist, the major factors that influence the efficiency or cost of producing a 220-pound market hog are fixed cost, feed efficiency, cost of grain and pigs marketed per sow per year.

"Fixed cost, such as depreciation, interest on investment, insurance, miscellaneous and repairs cost approximately \$125 a head for each \$100 invested, provided 16 pigs are marketed per sow each year," the swine specialist explains. "It is impossible to produce hogs without any capital investment, but the amount invested should be the minimum required to provide proper environments for the pigs."

Feed efficiency, the amount of feed required to obtain a pound of gain, certainly affects the cost of production. If by following better management practices, adjusting feeders to eliminate feed waste and feeding various classes of pigs according to their needs, the feed requirement can be reduced by one-half pound for each pound of weight gained, an approximate savings of \$3.50 on each head would result if milo were costing \$2.40 a hundred-weight.



JOHNNY WATFORD

A little girl kept asking her mother about what she was getting for Christmas. "Don't ask so many questions," said her mother. "Don't you know that curiosity killed the cat?" "It did?" came back the child. "What did the cat want to know?"

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B Teams Place In Tournament

Farwell's boys and girls B basketball teams were each the recipient of trophies in the B team tournament played at Springlake last Thursday, Friday and Saturday. The boys placed second in the meet while the girls were third place winners.

In the boys division, Farwell defeated Happy in the first round by a 48-30 score, David Dannheim and Randy Gregory were high scorers for Farwell with 10 points each. In the next game, Farwell was victorious over Springlake 40-32. Dannheim was high scorer with 12 points.

In their final game, Farwell was defeated 52-26 by Muleshoe to leave the local team in second place.

Jr. High Cagers Play Vega Teams

Farwell Junior High basketball teams have played the teams from Vega in their past two encounters.

Last Thursday the Vega teams were guests of Farwell for four games, boys and girls from the seventh and eighth grades, and on Monday night the local teams traveled to Vega.

The Farwell seventh grade girls won their Thursday contest 20-18 with Bonnie Foster making 16 points to lead the winners. Sheryl Woods and Tami Haseloff each scored two points.

Vega's eighth grade girls defeated the local team 18-11. Sharon Booth was top scorer for Farwell with five points.

In the girls games at Vega, the seventh graders lost their encounter 23-15, Bonnie Foster scored all of Farwell's points. Vega topped the eighth grade girls 31-13, Sharon Booth again was high scorer for Farwell with seven points.

No report on the outcome of the boys games was available.

Has Surgery In Ft. Worth

Clifford Thomas, 21, of Ft. Worth, underwent surgery in Saint Jo's Hospital there Monday morning. A tumor which was attached to the lining of his brain was removed and he was reported in satisfactory condition Tuesday. The tumor had not reached the brain proper and doctors felt that this was fortunate in that there should be no brain damage.

Mrs. Jewell Thomas went to Ft. Worth on Saturday night to be with her son and will remain there indefinitely.

Rev. J. L. Bass, pastor of First Baptist Church, Farwell, was also with the family at the time of surgery as were Mrs. Thomas' two other sons, Ronnie and Keith, who also make their home in Ft. Worth.

Benjy Dial has replaced Larry Taylor as coach of the B team. Taylor left over the weekend for Abilene where he will be employed.

Junior Varsity Defeats Sudan

Farwell's Junior Varsity team, in its first outing under the tutelage of new coach Benjy Dial, defeated Sudan Tuesday night 54-28 at Sudan to remain undefeated in their district play.

Johnny Boling led Farwell scorers with 12, David Dannheim had 10 and a newcomer to the lineup, Andy Bowery, scored nine.

Coach Dial says that it was a good team effort and that he was really proud of all the boys. Some of the first string players got into foul trouble early, he says, and the substitutes went in and took right over. Nine boys made scoring contributions to the game and the entire group played well together, says Dial.

The Junior Varsity will be playing Vega at Vega this Friday night.

In games played earlier in the season, the JV beat Bovina 61-59 in a game played at Farwell on December 22. David Dannheim scored 20 points and Kevin Hardage had 17.

On January 5 Farwell traveled to Springlake and was victorious in this outing 52-44. Dannheim scored 19 points to take scoring honors in this game.

Texico Girls Split Games

Texico girls junior and senior high basketball teams split games when they played at Ft. Sumner on Tuesday night.

Texico won the junior game 14-10 with Diane Luce leading the Texico scoring with seven points. Betty Steward had five and Linda Autrey had two. Scoring for Ft. Sumner were Wilton, four, Holland, four, and Parsons two.

Texico's varsity team was defeated 34-33 in an overtime. Score at the end of regulation play was 31-31. Judy Yell led Texico scoring with 10, Jo Pearce had nine, Debbie Tharp had four, Diane Kelley and Kim Pearce each had three, Lyn Fought had two and Vickie Richardson and Becky Lockmiller each scored one.

Next game for the junior and senior girls will be January 19 when they play Causey on the local court beginning at 7 p.m.

In the girls bracket, Farwell won its first encounter over Happy by a score of 31-13. Robyn Craig scored 16 points for the winners and Marilyn Winegeart accounted for nine. In their second game, the Farwell lasses were edged 23-22 by Hart, Marilyn Winegeart and Joyce White led the scoring with seven points apiece.

In the final game, Farwell defeated Floydada 28-24. Joyce White and Gail Meeks each accounted for eight points to lead Farwell scoring.

Coach Gayle Nicholas stated that she thought the girls showed improvement with each game they played during the three-day tournament and especially complimented the improvement of the defense.

Farwell Girls In 2nd Place

The girls varsity team defeated Sudan 46-45 in their game Tuesday night. Jeniene Taylor made 26 points for Farwell and LaShawn Sheets had 15 while Becky Ritchie scored five.

Coach Gayle Nicholas said that the girls played a good game and that she was proud of the way they came back to win this one after being upset by the Kress team last Friday night.

Farwell now stands No. 2 in the district just behind Vega whom they will be playing Friday night. If Farwell could win this one, then Farwell and Vega would be tied for first.

In the game with Kress, which Kress won 38-30, Coach Nicholas says, "we just got slipped up on. They were not really that good, we were just not ready for them. I hope we learned a good lesson about always being prepared." Jana Bass scored 11 points and LaShawn Sheets had 10 Friday night.

Her wishes were apparently granted as the team outlasted Sudan for the Tuesday win.

In the B team game Robyn Craig and Joyce each scored 13 points as their team lost 32-26.



Making plans for the future is often a way to escape work for the present.—N. DeVane Williams, Holmes County (Fla.) Advertiser.

Dedicate your life to public service. You might get your face on a watch.—Ray Savage, the Thermopolis (Wyo.) Independent Record.

Child Okay After Swallowing Needle

Chris Prince, 11-month-old son of Linda and Danny Prince, is reported to be getting along fine this week after a harrowing experience suffered last Wednesday.

Young Chris swallowed a threaded needle and as it was being pulled from his throat, the needle lodged crosswise. Initial treatment for probing for the needle was done at Clovis Memorial Hospital, but doctors in charge found it necessary to send young Chris to a hospital in Amarillo where the proper equipment was available for the removal of the needle.

Chris, his mother and his grandparents, Mr. and Mrs. Junior Suttle, were taken to Amarillo from Clovis late Wednesday night by Mr. and Mrs. Buck Gregory. Roadblocks set up by the state highway depart-

ment through the various towns en route to Amarillo enabled the family to get to the hospital in record time. Mr. and Mrs. Bill Prince, other grandparents of the child, had gone ahead to the hospital to make preparations for the needed treatment. Danny Prince who was in Lubbock at the time met the group in Amarillo.

The needle was removed without surgery about 1 p.m. Thursday and Chris was released to return home Friday.

The pregnant mother must be particularly careful about her diet. For she is not only eating for herself, but for the baby-to-be. Women who eat extra portions of meat, vegetables, and fruits realize this. They know that during the 9-month period, the baby-to-be will increase in size and develop his body in order to prepare for the day of his birth. Teenage mothers-to-be who are still growing and developing their own bodies, need to be especially careful about eating plenty of meat and other good foods -- like vegetables, fruits, and milk.

Protein puts "staying" power into your breakfast so you don't get hungry before the noon meal. Some breakfast protein foods are eggs, sausage, milk, fish, cheese, and peanut butter.

Many families have become accustomed to eating a fruit or fruit juice for breakfast in the morning. If this fruit is to supply the major part of vitamin C or ascorbic acid for the day, it needs to be chosen carefully. It should be a food like orange juice, grapefruit or grapefruit juice. Or it can be a food or drink with vitamin C added.

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