## The Sudan Beacon-News


dation JUST IN CASE you think you've
been warm a time or two already, consider the fact that
summer begins today. Our cal endar doesn't say so, but I beHeve this also is the longest day wager that Monday will seem longer than Thurday.
The shortest days of the year cation, no matter what month

STOLEN JOKES DEPT, L Little Tommy told a falsehood, so his
shocked grandmother took him shocked grandmother took him
on her knee and explained the consequences of lying. "A tall, mean man with red
fiery eyes and sharp homks grabs little boys who tell lies, 1 " she satd . "He takes them to Marm
where they have to work hard where they have to work hard
in a deep hole for 50 years.
Now, you won't tell any more Now, you won't tell any mo
stories, will you, Tommy?"
"No, Grandma," Tommy plied. "You tell 'em better * * ** *
THE NATIONAL Insututes
Health tell about nuring a Health tell about nursing c reers for men, noting that of
more than 700,000 registered more than 700,000 registered
prictical numes in the country,
only about 7,000 of each are only
men.
Yeet men are a vital part of
the nursing care team. Without them, the care of patients would be severely limited Today, mong the most highly educated, professionally competent nembers of the health team, accupying key positions alongide other specialists. The story goes on to say how
good it is for men to enter this career field, what a need they
fill, and all that sort of stuff, Nevertheless, the idea of male
lich nurses somehow just doesn't sit
tght with some of us. It still seems to me that people who wear their hair in ponytails,
and who stand by your bedside feady to hold your hand should "Oh nurse, you forgot to shave
this morning..."

TEXAS TECH SETS ENROLLMENT RECORD
LUBBOCK, Texas-Texas Tec rollment trecord. The figure fo
the first term of the summer the first term of the summer
session reached 8,333 at the end of the fourth class day Monday,
according to announcement by according to announcement b
the office of the registrat. the office of the registrat.
No more thulents will be e sien from the effice of the dean of the particular college, ein stitutes, thort counces and other swecial activitios. follment was $\mathrm{s}, 22 \mathrm{~s}$.
Fint terme finits will wiot tet Fint term finits wilf to July
$12-13$. Resiltration for the July 16, with claser, beginning
final cuink Why. Second term

NUMBER 18 SHS CHEERLEADER
TO ATTEND CAMP
 High School for the $1937-74$

school year will attend the Tenth | Annual Cheerleatend School at |
| :--- |
| Lubbock Christian College in | Lubbock. The school begins ition between $1: 00$ and $3: 00 \mathrm{p}$. m , tion building. Saturday evening all cheerleaders will attend the Jones Stadium on the Texas Tect Campus. A picture session will

be held Supday aftemon firl be held Sunday aftemoon from
$1: 00$ to $5: 00 \mathrm{p}$. m . with the fint cheerleading session at 7:30 p. m. The final day of school
is Thursiay, June 28. Those atis Thursday, June 28. Those
tending the school will be housed in campus residence halls and meals will be served in the
campus cafeteria.
Co-directing Co-directing the school are Eisel Buchanan, Ronnie Smith. The local cheerleaders a head cheerleader; Debbie Ritchie and Jo Gaye Doty, seniors Phyllis Ray, Junior; Chyrel
Phillips, sophomore; and Pam


BILLY JOHN FORD AND MISS SANDRA SNIDER
Couple Sets Wedding Date
The engegementom Mis Suatr
 ications: Parliamentary Proce-
The work hop participunts he and - Hian Hall, State Finst Vice Preeded during the list wosion. He fas during the last swasion. He


Allengeal the group to "biul


ANNUAL LOTWS ROUNDUP - Shown above is a portion o: the crowa tnat at tended the ninth annual Lotws Roundup held Saturday. The barbecue

## Lotws Hold Annual Roundup

 Arod

D D
L
10T During the review and aims of Joe salem, he stated that the firt meeting of the organization Inst meeting of the organization
was held June 19, 1963. He was held June 19, 1963. He
added dat the program has been
divinely led and has been based on the needs of the people in
the community. Hiove in Acthe community. "Love in Ac-
tion" is the motio used to show Christian love to all persons.
Salem said that through the ten Salem sald that through the ten
year period attendance has been
from only one person at the
weekly meetings to some 75 boy from only one person at the
weekly meetings to some 75 boy
and girls. Last year the average
attendance was 42 , serving total of 195 boys and girrs in-
cluding 75 first attendances. In cluding 75 first attendances. In
ten yeass LOTWS has served ten yeans LOTWS has served
some 976 boys and girls (only two less than the total popula-
tion of Sudan). Some 75 firs tion of Sudan). Some 75 firs
decistons for Christ have bee made during the devotionaa
times. Last year the organiza times. Last year the organiza
tion assisted some 42 families on
individuals. individuals.
All boys and girls are invited
to attend the weekly Saturday to attend the weekly Saturda
morming meetings. An outline morning meecus include: regis-
for the meetings
tration at $9 \mathrm{a}, \mathrm{m}$. with brief de tration at $9 \mathrm{a}, \mathrm{m}$. with brief de
votionals at $9: 15$. From 9.30
until 10,30 the bent until 10,30 the boys have see vice assignments while the girls
dosewing, arts and crafts. Dur-

Shiplet of San Jon, Mr. and Mn Jack Shiplet and family of Lo gan, Mr. and Mrs. R. B. MarMr. and Mrs. Brice Shiplet of Tucumcart, Mr, and Mrs. Lemuel Shiplet and family of San Jon, Mr. and Mrs. Johnny Duke and family of Grady, Mr, and
Mrs. Joe Shiplet of Santa Rosa, Mrs. Joe Shiplet of Santa Rosa,
Mr. and Mrs. J. A. Graves and Mr. and Mrs.
family of Sudan.

## 4

 FOR AMENDMENT HEARING The Texas Water Quallity Board June 21 on an application from pany of Judan, Texas for a
amsndment toits existing Waste amsn
Cont
taini
n rainfall runoff water containining wastes from the feedlot opera-
tion which has a capacity of 30,000 head and is located on U. S. Highway 84, one mille
east of Sudan in Lamb County. If the application is approved, the rainfall runoff wastewater will be collected in a playa lake and evaporated or used for irrigation. There will be no dis-
charge to the surface waters of charge to
 The hearing will be held in
Conference Room $C$ of the Conference Room $C$ of the
Municipal Building in $A$ marillo
beginning at $10 a m$.

## HISTORICAL

 MARKER
## TO BE ERECTED



Marker for Earth will be erected or July 20, 1973, a mnounced
V. M. Peterman of Amherst, chairman of the Lamb County Thistorical Survey Committee.
Thill be placed two Blocks East of the traffic light in Earth. $\qquad$ Swedish steel effect, the marker spensures 27 by 42 inches and is
swing Halsell ponsored by Ewing Halself
Foundation. The inscription on
the Exarker reade the suarker reads

## Before EARTH

Before white men entered this

## region in late 19th century, No-

 madic Apache, Comanche, andKiowa Indians followed the bufKiowa Indians followed the buf-
falo from water hole to water hole. A favorite Indian camp
was at a spring (five miles west), Was at a spring (five miles west),
nearwhich the Springlake head-
euareem of the XIT Ranch were quarters of the XIT Ranch were
located in the 1890. William located in the 1890. Wiliam
Electious Halsell (1850-1934) purchased Springlake Division in 1901.
Halsell Halsell and his son, Ewing
Halsell (1877-1965), established the 300,000 -acre Mashed $O$ Ranch in 1902. When the economic base of the High Plains began to shift from ranching to tarming, andother large runche
were being sold for the plow were being sold for the plow,
the Halsells, in 1923, oftere a portion of their land for sal a portuon of their land for sie
is mett setlen. Sale of feritc Mr. and Mr. Gene Vickers of
Mansville, Ohio are parents of a daughter, Christina Lee. The infant was born Friday, June 15,
weighing six pounds and four punces. Grandparents are Mr. and Mrs. B. A. Beauchamp Jr. of Suda

Ohio. Matemal great-grandmo-

## CITY TO INSTALL CHLORINATOR


 come momen wit wit tumbere even dosage of chlorine. The
local dosage, according to Phillips, will be the very smallest He also added that residents may notice some taste difference
in the water and that people with aquarlums should take precau-
tions with their fish. Phillips tons with their fish. Phillipp
also issued a warning to all residents in that the injector will and will give off deadly gases if tampered with
if tampe * * *
will begin in the near future o
city streets. Several blocks of
HD Club
Organized
the Sudan Home Demonstration Club was held Thursday afternoon, June 14 in the Communi-
ty Center.
Meetings will be held eac third Thursday of the month with a regular meeting scheduled at 2:30 p.m. today. Presenting the program will be Vivian Line of Southwestern Public Service
of Lubbock, Programtopicwill of Lubbock. Program topic will
be "Canning and Freezing". Officens elected at the meet
Ofrcess elected at che meet-
ing last week were Mesdames
Uti Lee Parith, pretident; Nell Itha Lee Paristh, pretident; Nell
Ingle, vice president; Ruth Vin cent, secretary-treasurer; Billye Doty, reporter; Willie Rosson, Council delegate; Velma Sey
more, alternate delegate. more, alternate delegale

County Extension Agent for Lamb County, explained the function of Home Demonstration Clubs and stated that all ladies in | zation. |
| :--- |
| Organ |

Organizing the club were Mes-
dames Luipe Jaloma, Tinie Wil dames Lupe Jaloma, Tinie Wil
Hamson, Wynelle Williams, T. C. Mooney, Letha Gordon,
Velma Seymore, Willie Rosson, Billye Doty, Ruth Vincent, Nel Ingle, and Lila Lee Parrish, wit or Littlefield.
ens from the Midwest,
tind prices were souring
The Halsell family
this site for a now vettement in
ton gin, and school, and nam
It "Fairlawn". When the poy
office opened in 1925, the namp
"Fairlawn" and "Tula" were
ycted, and "Eirth"
yeted, and "Erth" shoin
first portmaster. Eurth wow had
sveral ch
enterprises.
Enthinif
Earth was ing
and continucs to wive an inve
rich in agricul)
fion. (1973)
job with repair work done on
other streets. All of Barnes Street, and Second and Third
Streets will receive the seal coat. The work will be done by Hammock Construction of Littlefield. The cost will be ap-
proximately $\$ 4,000,00$ with the proximately $\$ 4,000$. 00 with the
reveneu sharing money to finreveneu sharing
ance the work.

BEAUTY PAGEANT ENTRIES \&OI'GHT

Beta Sigma Phi Sorority iffth a nnual "Miss Lamb County" beauty pageant, set for the evening of July 21 st at $8 \mathrm{p} . \mathrm{m}$. in the Littlefield Senior High School Auditorium.
Any girl wishing to Any girl wishing to enter the civic club, organization or a business firm in Lamb County, and a $\$ 10$ entry fee must be paid by her sponsor. Entries must be postmarked by midnight, July 6 . Entry blanks have been distri-
buted throughout Lamb County 10 buted throughout Lamb Country to
business organizations for sponsoring a contestant in the event. be obtained at the Lamb County Leader-News in Littlefield, any Beta Sigma Phi Soro
Girls entering the beat eant must be single, not ever age by July 1, 1973 and not over 22 years of age by July 1, 1973. A recent photograph and baby picture (which will be returned to the girls) must be encloed along with the S10 sponsor fee and included with their entr)
blank. The sponsor must - ign the entry blank, make check payable to Beta Sigma Pbi, and be w. 13th Street, Litlefield, 79339 or Lorctta Winfield, 1713 Dillon, Lituleficld.
Tickets will be $\mathbf{S 2}$ for adult-
and . 75 e for children ander They may be purchased in tid. They may be purchased in
vance from any sorority membe pageant. As a special added attraction this year the "besuthe" mu.
give $A$ three minute alkent progive athree minute lalent pro-
sentation, such as play ing the piano, inging,
reading a poem.

## PERSONALS

Mr. and Mis, M1. C. Engram
are vacationing thi, week. - ari



號 . .


Double Wedding
ㄴ. mam kime
man on on Elaine Landers became the bride

ows were taken before an altar arch candelabra and two side
candelabra with emerald green-
ery accented with baskets of pink gladiolas tied with pink satin ribbons.
Parents of the brides are Mr. and Mrs. L E. Landers of Am-
herst. Boyles is the son of Mr. herst. Boyles is the son of Mr.
and Mr. Bill Boyles of Sudan and Martin is the son of Mr. and
Mrs. Adrian Martin of Suden The grooms are first cousins. The brides were presented in
mariage by their father, Eddie Lamders. They were attended by Mr. Jimmy Cowan, Amberst,
matron of honor, Miss Ralym
Millo of Mills of Amherst and Mrs. Pat
Woodared of Hereford. The attendants wore Identical formal
length, empire waist, gowns of hot pink crepe with high ruffled collar and long gleeves with fely
rufled cuifs. They caried brandy sififters with lighted hot streament of long pink ribbon and
pink rosebuds. Lsa's formal gown was styled fa an A-line dirt of white bridal
satin featurisg tatd with Chantuly lace with a point sleeves. The skirt and lace appliques. Her short vell was trimmed in matching lace
and was attached to a pearl-

Read

## Debble's formal gown was of

 an A -line aldrt. The bodicewas overlaid with silk chiffon witha high neck and sheer yok
along with petal point sleeve. The gown and chapel triain weere
accented with lace appliques timmed with beads of pearls.
The short vell of net was atThe short vell of net was at-
tached to a pearl-trimmed head-
piece.
Both brides carried cascade Bouth brides carried cascade
boues of tiny pink and red
roceented with stephanots and baby's breath atophanotis white Bibles presented to them in a
White Bible Ceremony by the White Bible Ceremony by the
Acteen members of heir church.
They wore pennies bearing They wore pennies bearing the
years of birth of the brides and
grooms in thelr thoes and each wore a traditionati bluus gatrier.
The grooms were attended by

$$
\begin{aligned}
& \text { Rex Boyleel of Shallowiter } \\
& \text { best man, He is the brother of } \\
& \text { Roger Mac and the cousin of }
\end{aligned}
$$

$$
\begin{aligned}
& \text { Roger Mac and the cousin of } \\
& \text { Nartin. Groomsmen were Kim }
\end{aligned}
$$

$$
\begin{aligned}
& \text { Nartin. Groomsmen were Kim } \\
& \text { Egram and Joe Bellar, both of } \\
& \text { Sudan. }
\end{aligned}
$$

## WE'VE GOT <br> THE ONLY WATER HEATER* IN TOWN THAT YOU CAN INSTALL ANYWHERE

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IT'S ELECTRIC
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## Wedding musto was provided by

 Mn. Jomeryl Harmon, organistand Miss Sheryl Willoon, pianist,
both of Amhert. Soline both of Amhent. Soloist wai
Mr. Lucy Kent of Sudan who
sang "My Own True Love" and Sang "My Own True Love" and
"Wailk Hand in Hand",
Candles were lighted by Tanoa Lenders, sister of the brides, and Krist wills of Floydada,
cousins of the brides. Flower coishs or te brides, Flowet
girls were Tammy and Trasy
Cowan of Amherst. They were Cowan of Amberst. They were
all attired in long-sleeved forma
length gowns of hot pink crepe. lenget gowns of hot pink crepe.
Ring beerens were Eddie Boyles
of Corsicana, nephew of Boyles of Corsicana, nephew of Boylee
and Jeff Seaton of Gorman, cou-

Guests were registered in the
brides' books by Miss Brenda Wilis of Levelland and Miss
Karen Willis of Floydada, cousins of the brides. Miss Glenita
Seaton of Gorman, cousin of the brides handed the guests scrolls
of wedding wishes from the cont of wedding wishes from the cou-
ples as they were seated by Jeny
Beltar, Sudan, Kyle Martn, SuBelar, Sutan, Kyle Martun, Su-
dan, brother of Steve, and Floyd Seaton of Lubbock, uncle of the
brides. The mother of the brides wore
a formal length gown of hot pink crepe with high neckline and
long sleeves. The collar and cuffs were trimmed with beaded
pearl trim. Mrs. Martin wore formal length gown of hot pink Mr., Boyles's formal pown styled with a fult
chiffon.
Following the ceremony, the
couples and theti parents alone with the bridal attendants greeted lowship Hall of the church White and strawbery wedding
cakes were served by Kay Camp bell of Amberst and Brenda WII lis while Karen wills seved punch from the brides' able
which was covered with a cloth of hot pink taffeta with a net
uiffled eloth aton fochemed ruffled eloth atop fachioned by
the brides' mother. The center-
the sudan beacon news $\frac{\text { thunsday, JUNE } 21,1973}{\text { 3i81 }}$ A slumber party was held Mon-
day yightightin he home of Jo Gaye
Doty when those attending were Doty when those attending were
Doana Provence, Kaye Waren, Debte Rtcchte and Debre sdsented birthday gifts and Miss Provence was presented lingerie
for her trousseau. Refreshments of birthday cake and lemonade
were served following a swimming party and supper.
Bishop and Mr.
O. Eugene day night guests in the home of Mr. and Mrr. Joe Salem. ants.
Mrs. Rex Boyles of Shallowater
and Miss Diane Guthrie of Amarillo served chocolate cake and coffee from the grooms' table
setwith silver service on a white Miss Shery1 Willson provided
piano music during the recep-
ton. Tammy and Trecy Conrn too. Tammy and Trecy Cowan
handed out rice bags. handed out nice bags.
M. Booles. chose a short-
sleeved pink and white knit dress with a pleated bodice for going
away. She wore white acces away. She wore white acces-
sories and a conage of a single
orchid. Mrs. Boyles is a 1973 graduate of A mhent High School. Boyles
is 1972 graduate of Sudan Higb isa 1972 graduate of Sudan High ical education major at Texa Foster Company. They reside in Carlisle. Ofs. Martin is a 1969 graduate be a senior student at Southwert. ern State College School of Pharmacy this fall. She is presently employed in the pathology de-
partment at Methodist Hoppital. Martin is a 1969 graduate of Su-
dan High School and is a candidat High School and is a candiTexas Tech with a BBA in FinTech Une. is employed by Texa Ifch University. Out-of-town gueste included Mr. and Mrs. Eliss Boyles of
Kames City, Mz, and Mrit Kames City, Mr, and Mrs. Jefl
Klinder and Danny, Miss Loute Kiunder and Danny, Miss Loutue
Boyles, Mr. Cladys Landrum and Eldo Brewer of Phoenix,
Ariz, Mr. and Mrı. A. Ww Ariz, Mr. and Mrr, A. W.
Guthrie, Diane and Don of Am
arillo, Mr arillo, Mr, and Mrs O. D. Martin, Scott and Stacey of Mid
land, Mr., Mary Ruth Martin of land, Mrs. Mary Ruth Martin e
Bovina, Miss Ha Lewis of ArBovina, Miss Ha Lewis of Ar-
Higton, Mrs and Mr. sumoytes Jr. and Gary Mac of Consicana Mr, and Mrs. Eddy Boyles of Bryan, Mr, and Mrs. Doyle Wat-
kdins of Dallas, Mr. and Mrs. Kins, of Dallas, Mr, and Mr.
Kenneth Willis and Keniry of
Floydade, Mnsen Seton and Randy of Corman,
Mro. Willie Seaton of Gorman, Mr. Myrte Landen and Sue of
Lubbock, Mr. and Mrs. Bob Withenpoon, Cory and Rene' of Lubbock, Mr. and Mrs. Hiltoo
Wilson, Rhonda and Tria Priona, Rhonda and Tyra of
Priond Mrs. Jim Nance and Stacy of Brownwood, Mr
and Mrs. Victor Contreras of Hutchins, Mrs, Bill Balley of
Port Worth, Miss Shery McGowan of Dimmitt, Mise Mile Church of Vega, Miss Pated Mau-
 BEAUTY mot
wifiths $\mathbf{T}_{- \text {and have fater fun Luch }}^{\text {hey }}$ a bit of it. They have a regular savings plan. Open your Savings Account here. Have fun. Full Service Bank
The First National Bank Of Sudan


 des Cose vicien of Manvilio.
 th ierono, Thumday, Jum 14 tor
 merot thatrinoo-lan-law, Dmayme (Carien Alle or or sumot house,
 Mater, Mer Heser Vementa) Aul tomers suhan reatident, met His surges morer. Leech was
 ity's peteranal smandatater: Mi. Cunol Freemenan not coll-
 Whectered viltorn in the tome of Mr., and Mrs. G. C. Ritche
were his brothers, Rev, Robert Ritchise of San Angelo and A. E., Ritcchie of A marillo well, Mr. and Mrs, Joe McNew Mr. and Mrs. Tommy Nichols,
Brad, Ricky a ndjollo Brad, Rickry y nd Jody of Slaton,
Mr. and Mrs. Rober Mr. and Mrs. Robert Beck of Lubbock, Mr. and Mra. Bill ray, Miss Debbie Linker and Miss Vicki Adcox of Lubbock. (**** * Mr, and Mrs, Adrian Martin
and Mr, and Mrr, sill Boples hosted a rehearalal dirner for the wedding party of the Martinwedding party of the Martin-
Lander, Boyles-Landers wedding party. The dimmer was held in the banquet room of the Tasty guests attended the difnee fiternoon at $3,30 \mathrm{p} . \mathrm{m}$. In Comrent.
The meeting began with the group reciting the Tops Pledge in unison. The minutes from the last meeting were read and approved. Mayfair Graves and Ruth Ham lied Ior Queen of the Week. A was recorded. Following the singting of Tops ongs, they dismissed. Tops 634 meets each Monday at $3: 30 \mathrm{p} . \mathrm{m}$, with all interested Mr. and Mrs. B. A. Beauchamp, were in Bovina Friday where they visited his brother,
and attended the weddimz of his nephew, Mike. his nephew, Mike.
Mr. and Ms.
and family were weekend visand family were weekend vis-
itors in the home of Mr. and Mr. J. W. Olds. Also there for Father's Day were Mr, and
Mrs. Byron Lynn and Roby. Mr. and Mrs. Bob Tefry of Roswell were Sunday visitory with L. E, Slate returned home this week after undergoing surgery
last week at Methodist in Lubbock erhoust Hospital

Antonio Lopez has been a pa at A mherst.
Mrs, A. L. Robinson and Donna Beth Testerman and daughter $A_{\mathrm{nn}}$ have returned home after opending two weeks at their caMrs. Adis Williams was hospit-

## AUTO PARTS aNo Accesories <br> 

 HAVE GOOD SELECTIONG\&C AUTO SUPPLY
PHDNE 227-3212
lucky
mont are on
the go
 ttilefield, Texas

HAMMONS DEFENDALL BANKINC SERMCE FOR ty YEARS OLDEST BANK IN LaIE COR HY Years


## YOUR DECISIOMS MAY Ye

 CONTROL YOUR HEALTH EALTH we have so many cholces to
make! Some are easy, some makeet some are
are hart to make.
What thall 1 wear? Which job
thall I teake? Shall 1 enlutrt? thall I take? Shall I enlist What thall I buy? Where shall 1
go7 What about college? Whom gor What about college? Whom
shall I date? How much thall I shend? Aded, of courre, WHAT shall ieat?
Choosing what to eat is one
thing we all do everyday. Sometmes this inn't eary. But It is important
Why are food cholcess so im-
Affects your looks, your heellit
your yourgr, fooks, your dipposition-
pot. only edty, but tomomom come. The human body ys more complex than the most intricate flecturonc computuer or the mont powertul pace missile. And, programmed datat to calculute nccurate amwer, and miserles coar Into pace, your boaty muit have bolanced food supples to power rour dally yctivitie. Without the right kindst of food and the right amouns of thore estentuit nutriente to tramch our ona heality and succeesful life. All you have to do is look anound you wo see evidence of the
food choles sther people make. As you'tl see, there are wise tood cholees. And there are
foolith ones. Your mirror will foonish ones. Your
reflect your choter. Do you chose....dolitule nib-
blee-testy bet watit-y mack blast wille eway yourt time, your figure, ami your appetto bur don't carry their weight in vitar
 mineralsa
and fiti
Food, food, food-either too sirgle food too often with dis. astrous resuls for waistine complexion, morale. Winning combinations of all around-good foods at meatume
and 1 t smack-timer-foodt then supply not one but tever bealth-giving nutrients slong with calories. We all have it
chose what to eat. It's up right choices for youk Wise choices can bring yous food for
fun, food for action, food for thought. Getting the right $a-$
mounts mounts and linds of food to fur-
nish needed nutrients dally is just gool sense. Wisely selected foods can add to your social life and good umes; supply energy
and stamina for active sche dules; help to keep you mentally alert and. glad to be alive. How canyou be sure of eating:
THE RIGHT KINDS THE RICHT KINDS OF FOODS? THE RICHT AMOUNTS OF YaCH KIND?

## a guide to good eating:

USE DAILY:
MIIK: 4 or more glasses,
Cheese, ice cream and other millk-made foods can supply part
of the minc- MEATY 2 or more of the mink Mentr 2 or more
large servings. Meat, fish, poulcr, eggs or cheese-with
dry beans, peas, nuts as alter-
nates nates. VEGETABLES AND include dark green or yellow vegetables; citrus frults or tomatoes. BREADS AND CERE-
Ais.
tor more serving. AlS: 4 or more serving. En-
iiched or whole grain. Added tiched or whole grain. Added
millk improves nutritional valmilk improves nutritional val-
ues. This is the foundation of a good diet. Build on it with these and other goods according to your needs-for growth, for activity, for destrable weight.
These four food groups add up to These four food groups add up to
good eating and good nutrition. good eating and good nutrition.
But remember, foods from all will have reason to think twice will have reason to think twice
about an at-home sale now that about in at-home sate now that gives the buyer the right to change his mind.
The "Home solletetaton Ac" The "Home Soliciataion Act" by Dallas Senator Bill Braecklein
and Representative Chris Semos and Representative Chris Semos
of Dallas became law when govemor itgned it fune 13. Basically, this law provided that ifa consumer is solicited at his home for a sale or merchandise or services consing $\$ 25$ or
more, and subsequently decides more, and subsequently decide: that the goods weren't what they'd been cracked up to be
he can back out of the deal within a three-day period.
But it also impues

Black- Carroll
Vows Exchanged

## Mien Barbars Amin Stack and

 were wed Friday evenling, Jume ing ceremony at First Church, Bula. The Rev. Ken neth Black of Lubbock, uncle of he bride, offliated. Parents, of the couple are Ms. Sudan, Hnd M. Black, Route 1, Sudan, and Mr. Mary CarrollFazaberly and dhe late Paul CarFazzberly and the
roll, Abllene.
The churchwas decorated with and dairy pompom mums. A candelabra was behind the arch and flanked with amangements
of yellow gladiolas. The bride, given in marriage length A-Hine gown fachloned with an empire booilice of white
lace over bridal antin, low rounded neckline, and a sldrt of
sheer chiffonover the satin sheer chiffon over the satin. The
Camelot sleeves were of chiffon with lace cuff. The gown was
made by the bride's mother. The chapel-length vell was at-

## HOME SOLICITATION ACTS BECOMES LAW

 AUSTIN-Both the consumer responifilities on thefour food groups are needed to provide the right combinations of
nutrients throughout the day nutrients throughout the day.
Nutrients must work together to keep your body going and growing. growing, it's sometimes hard to keep your walattine and your
beight in line. So you dectide to diet. What is dieting, anyhow? To some, tise angich program of near starvation for several days or weelo. To others, its eating weird foods in the hope that they will melt away pounds
magically. Nelthen magically. Nelther notion is sound nutritionally. In fact,
these are "quackery" Ideas. When you eat food that give more catonter than yourboty cmi use, you gain weight because you Whore excess food energy as fat, When you eat food that supplies fewer calorles than your body ergy and you lose weight. You maintain your weight by balancing the energy you get from food you
Dieting then, calorie intile your energy output-your activity. As you do, it is important to maintain your intake of all nutrients while lowering your totalcalories. This is the trick of intelligentdieting. To pare off calories, you can revise what you eat, using the four food groups as your gulde. If you want
to lone more than a few poundes. wo love more than a few poumds,
check first with your physician.

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Mrs. Weldon Eagle, nee Toni
McWilitams, was honored with
ebridel hower, Fridey eventer abwimams, was honored with
abridel hower, Frdey evening,

MoWilliams and Mr. Pat Eagle, June 8 at the Springlake Cond. They were presented conages of munity Center.
The brdels chosen colon of white, blue and avacado were
used in decorations when the used in decorations when the
serving tuble was taid with a white cloth and overiaid with
avacado net. The antinctel avacado net. The artificial floral arrangement centerplece
were in the bridels chin were in the bride's chosen col-
ors.
Terri Inglis and Myrna Deai revedding refreinments of white cake decorated with blue bow and wedding bells of ficing, nuti
and mints to some 30 guestr. and mints to some 30 guests.
Connie Dear regitered guests. Connie Dear regitered guests.
Special guesta were Mrs. T. C.
ton ate cost of $\$ 314$ to $\$ 472$ for
Hon ate cost of $\$ 3$
the long session.
the long session.
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submitted before a student is ac-
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Blackburn said.
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vice, Box 7666, Univerity Station, Austin, Texas 78712, or
call $512-471-3136$. call $512-471-3136$.

## surgery Tuesday in Methodist

 white, blue and avocado. Hostess gifs were the floral dual gifts and were displayed dual gifts and were displayedwith other gifts, with other gifts.
Hotesses were Mos. Ward Coooksey, Aun Kelley, Vivian Parish, Mrs, Ray Stansell, Mr. Gerald Inglis, Mrs, Bill Mann, Mrs. J. W. Dear, Annle
Lewis, Mrs. Stella Thomas, Berta, DeLeon, Mable Smith, Berta DeLeon, Mable Smith,
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dishes. 6-21-1tc

## JOETTA WARREN NAMED

 TEXAS TECH TWIRLERJoetta ( (O)) Warren was recently
chosen as a sophomore twitter for the Goin' Band from Raiderland at Texas Tech. Having served as one of two freshman twirlers at Tech last season, Jo is an active member of Tau Beta Sigma, honorany
service band sorority She wa service band sorority. She was
chosen best pledge of the spring semester. Jo was a twirler for the Plains Cowboy Band for four years. She is the daughter of Mr. and Mrs. James Warren of Plains. Miss Warren is also the sister athletic director of Sudan High School. WANTED-Mrs. Rasco needs all kinds of old magazines for Mi-
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