

Two Issues To Be Voted On Tuesday

There will be two special elections here next Tuesday, July 31. One of the issues to be voted on is that of re-allocating 15c of the county's tax dollar to the hospital fund for operating the institution. It is necessary, it has been pointed out to set aside moneys for such expenses until the hospital might possibly pay its own way.

The State, by Constitutional Amendment, two years back did away with 30c of the state rate, but allowed the several counties to levy this amount for roads or flood control. The county commissioners feel that this would be better than raising tax valuations here. Because, should tax valuations be raised, those valuations are used by the state for state taxes, too. The vote for the 30c levied will go into the county, whereas it has gone to the state each year in the past. It applies in the same way as it did when the state levied it—homesteads up to \$3,000 valuation are exempted.

REASONS FOR AND PURPOSES OF THE TWO SPECIAL ELECTIONS TO BE HELD JULY 31

The Commissioners Court finds it necessary to raise additional revenue in order to operate the county hospital recently opened for business.

Under the constitution and laws of Texas there are only two ways by which the Court can raise additional funds.

FIRST: The Commissioners Court can, without a vote of the people, raise all taxable values of property in the county, which would increase the county tax revenue under the present tax rates, but which would also increase the amount of tax to be paid to the State.

SECOND: By Constitutional Amendment voted in 1948, the 30c State General Fund Tax was discontinued, effective January 1, 1951, and the several counties were authorized to levy this 30c tax, if voted by the people, for building roads and for flood control. By another Constitutional Amendment counties are authorized, upon a vote of the people, to re-allocate moneys in the several funds where they are needed. In other words, the Tax Election proposes to vote the 30c rate formerly levied by the State, which will go to the Road and Bridge Fund, and the Tax Re-allocation Election proposes to transfer the necessary monies from the old Road and Bridge Fund to the General Fund to be used for operating the county hospital.

The Commissioners Court feel that the SECOND method, which is proposed by the two special elections, would be the better method because it would cost the tax payers less than would the FIRST method for the following reasons: If the valuations are raised, the State will participate in the raise to the extent of the 42c State Rate and all property will be subject to the raise, whereas, if the 30c tax and re-allocation is voted, all homesteads up to an assessed valuation of Three Thousand Dollars will be exempt from payment of this tax, and the increase will only apply to the county.

By voting the 30c tax, you will not increase the total amount of State and County tax which you paid in 1950.

Bermuda Trip

Mr. and Mrs. H. L. Hildebrand and daughter, Elizabeth, Miss Ethel Foster and Mr. and Mrs. Roy Foster plan to leave on a trip that will take in New York City and Bermuda Island on August 1.

Miss Ethel Foster is at Chautauqua, New York now, with a group of clubwomen studying ways and means of combatting the narcotic traffic. She will join them in New York City for the trip.

The group will be on a ship for two weeks. In New York City they will stay at the Waldorf-Astoria Hotel. Sightseeing trips take in the Island of Nova Scotia and other coastal points. They return through Chicago.

"Covering the County"

By Fred Campbell, County Agent
At a recent called meeting of the North Concho River Soil Conservation District Board of Supervisors, the date was set for the 1951 Range Management Contest Field Day. On August 11, the 4-H Club boys who have entered the contest will be called together and judged on their ability to identify and classify range sites and vegetation.

The club boys will classify the sites beginning around 7:30 A.M. on August 11 and return to town to lead off the public tour which will start at 10:00 A.M. the same morning. On the tour, the public will have the opportunity of seeing why proper grazing is necessary. The effects of good soil cover will be explained to the group by leaders in the field of soil conservation.

At noon the group will assemble for a free barbecue. Following this, the club boys and adults who so desire will have a grass identification contest. There will be some excellent demonstrations on the effects of soil temperature and moisture penetration.

At the conclusion of the demonstration the awards will be made to the winning club members by the Board of Supervisors. The club boys have been divided into two groups—first and second year contestants. The prizes for each group run as follows: First prize—\$50; second—\$40; third—\$30; fourth—20; fifth—\$19, etc.

Local 4-H Club members who will participate in this contest are Delmar Radde, Charles Proband, Clinton Hodges, Larry Glass, Henry Bliznak and Billy Humble.

A copy of the program and list of speakers and their topics will be printed at a later time.

The oat crop this year is the smallest in more than 40 years. Of the 1,572,000 acres planted last fall and spring only 554,000 acres were brought to harvest. Practically a total loss of fall sown oats which did have sufficient moisture for immediate germination resulted from the winter drought and zero temperatures without snow cover in January.

Grain sorghum acreage for harvest has been estimated at 6,776,000, which is 18 per cent below acreage of last year.

Oat production this year in Texas is estimated at approximately 30 per cent of last year. No estimates have been made of the grain sorghum yields at present.

The above consists of excerpts from the General Crop Report issued July 1, 1951 by the Bureau of Agricultural Economics. All indications point to a shortage of feed this winter in Texas.

Over the United States as a whole the picture is somewhat brighter, but feed crop levels will still be below that of last year.

LIONS CLUB

Rev. Bob Brannon was a new member when the Lions Club met Wednesday noon for the regular luncheon at the community center.

President Wm. J. Swann appointed H. A. Chapple, Fred Campbell and Jeff Davis as a fund raising committee to raise money for the new fire truck.

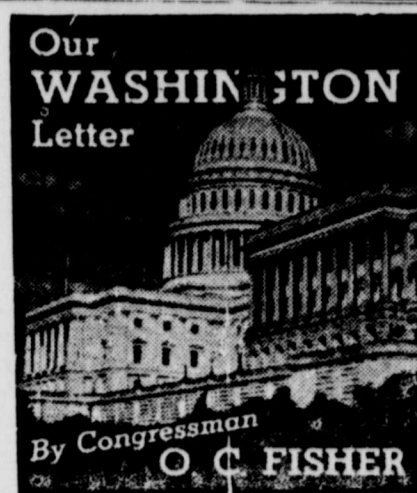
Fred Campbell, secretary of the Sterling Rodeo Association, told of the rodeo plans and schedule.

The prize went to Doug Farnsworth.

Visitors in the Taylor Garrett home home this week include Cy Elliott of Sundown, nephew of the Garretts, Janelle Randolph of Snyder, a niece, and Mrs. Garrett's mother, Mrs. J. V. Randolph of Moran. Cy and Janelle are here for the rodeo this week-end.

M. Z. Brown went to Brownwood last Friday night to take his Canton degree in the I.O.O.F. This is the highest degree in the Odd Fellows.

Visitors at the W. J. Weimers this week included Mr. and Mrs. Walter Goebel, Misses Emma and Alice, all of George West; Mr. and Mrs. Edwin Hickman of Devine; Mrs. B. O. Bailey of Belton; and Mrs. J. E. Glazner, Charlie and Mary Faye of Nolenville.



BREAKING MODERN RECORDS for consecutive roll-calls, the House last week passed a badly mixed-up Defense Production Act. The action came long past midnight on Friday after 12 consecutive votes on amendments. The 13th record vote was for final passage.

The House had been debating the measure for most of three weeks. It now goes to a conference committee where Senate and House differences are compromised and a final draft of the bill is written.

I joined with 8 other Texas Members in voting against the bill on final passage after our efforts to send it back to committee for needed corrections and improvements was defeated. Actually, in the form in which it was finally passed the measure appeared to many of us as a piece of political hypocrisy. Sponsors of the legislation successfully fought off our attempt to freeze all prices and wages for a period of four months. This was designed to get away from political controls and test the effectiveness of real legislation, with Congress spelling it out, to curb inflationary forces that are driving up living costs.

During the debate on the control act, more than 100 amendments were offered. Here are a few of the actions taken:

1. The initial rollback on cattle, averaging 10%, was approved. The two additional 4½% rollbacks projected for August 1 and October 1 were cancelled and prohibited. Actually, the 10% rollback amounts to 18% on most Texas cattle, since range cattle are generally graded as "Commercial" and as to that grade the initial order applied a rollback of 18%. I voted against the additional rollbacks and for cancellation of the initial one.

On the effect of the cattle rollback on production and particularly on feeding (which accounts for one-third of the beef that goes into butcher shops) it is of interest to note that the Department of Agriculture has just announced that there are presently 9% fewer cattle on feed in Corn Belt feedlots than was true a year ago. This means consumers will face a shortage of corn-fed beef in the amount of 117 million pounds during the Fall marketing season. And that means more inflationary pressure, higher consumer prices, possibly more black markets.

The Department points out that most of the drop in cattle numbers took place in the three months since March following the rollback order. Before that the number was increasing each month. It is obvious that many feeders reduced their operations and many quit the business because of the uncertainty of profits and the possibility of heavy losses, there being no roll backs ordered on costs of production.

2. I voted for an amendment by Rep. Poage which would have prohibited increasing manufacturing and other costs from being forced back on the original producer of agricultural products. The amendment was defeated.

3. An amendment was voted down which would have limited the Wage Stabilization Board to wage policy-making. At present the Board, in addition to policy-making acts on thousands of requests for rounds of wage increases, and the public members of the Board are very much in the minority. This arrangement has the effect of bypassing the Taft-Hartley Act and its successful conciliation service.

As presently operated, that Board has been admittedly inflationary in its actions and it is feared that the policy may lead to more and more inflation in the spiral of wages and living costs, with the unorganized workers and those with fixed incomes being hurt the worst. I voted for this attempt to limit the Board to the function intended in the law—that is, as a policy-making medium on the subject of wage increases in the overall stabilization

Sterling City's Annual Rodeo Opens Tonight

Mitchell-Brown Wedding Here Tuesday

* Miss Darlene Mitchell, daughter of Denver Mitchell of Big Spring, and Paschal Brown, son of Mr. and Mrs. Ted Brown, were married at 5:30 p.m. here Tuesday afternoon. The affair took place in the home of Pack's grandparents, Mr. and Mrs. T. H. Murrell.

W. O. Batten, Church of Christ minister here, performed the ceremony. The couple left on a four-day wedding trip following the ceremony. Mr. Brown is associated with his father in the Gulf Service Station here.

Present at the wedding were Mr. and Mrs. T. H. Murrell, Mr. and Mrs. A. F. Brown, Mr. and Mrs. Ted Brown, Denver Mitchell, Mrs. Ansel Reed, Mrs. Harold Emery, Mr. and Mrs. Joe Walraven and son, Mr. and Mrs. G. C. Murrell and two daughters, Mrs. Loyd Murrell and son, Troy, Mrs. J. H. Brizendine, Mr. and Mrs. Frank Barber and daughter, Jean, and N. A. Mitchell.

Pink and Blue Shower Honors Mrs. Bill Barbee

Mrs. Bill Barbee was honored with a pink and blue gift tea on Wednesday afternoon in the Legion Hut. Hostesses were Mes. Riley King, Jack Turner, William Foster, Robert Foster, Alvie Cole and Miss Bonnie Ruth King.

Miss King greeted guests at the door. The honoree, her mother, Mrs. Horace F. Donalson, and Mrs. E.L. Bailey composed the receiving line.

Mrs. David Glass provided piano selections during the first hour and Mrs. Alvie Cole was at the register. Refreshments were served by Mrs. William Foster and Mrs. Jack Turner. Directing guests were Mrs. Riley King and Bonnie Ruth King. Assisting in the dining room were Mrs. Robert Foster, Misses LaVerne King and Jacque Foster.

For the second hour Mrs. William Foster greeted guests at the door. Mrs. Anna Lee Johnson played piano selections and Mrs. Riley King was at the register. Punch and cake was served by Mrs. Robert Foster and Mrs. Alvie Cole. Mrs. Jack Turner directed guests. Miss Bonnie Ruth King assisted in the dining room.

The serving table was centered with pink carnations and blue corn flowers. Pink and blue storks completed the arrangement. About 75 guests called.

LIGHT SHOWER WEDNESDAY

A light shower fell in Sterling City Wednesday afternoon, cooling things, off somewhat, but not doing much good as moisture.

program.

4. The House adopted an amendment, sponsored by the House Committee on Agriculture, which prohibits slaughtering quotas for processors of meat. The OPS has limited butchers to as little as 85% of what they handled a year ago, and this has interfered with the normal supply and flow of meat for the benefit of consumers. I voted for this amendment.

5. An amendment was adopted, for which I voted, which restricts the authority of the President, without the consent of Congress in the acquisition of real estate for defense production purposes. There has been an inclination in recent years for Congress to delegate too much of its authority and responsibility to the President and to bureaus and agencies.

6. The House also adopted an amendment to the bill prohibiting the licensing authority of businesses, designed to give a club to the head of OPS for use over the heads of business men. In voting against such authority, I felt that too much leeway would be granted to Mr. DiSalle to harass businessmen. We have courthouses to decide the rights of citizens in the pursuance of their business activities and I fear that too much control over them by a government agency in Washington would be dangerous. This proposal would give the OPS power of life and death over businessmen everywhere.

The Annual Sterling City Amateur Rodeo gets underway here to day at five o'clock with the opening parade through town. The parade, with Darrell Garrett in charge, is the lead-off event, signaling rodeo time in Sterling. Colorful flags, riders, horses, etc. all combine to give the opening event lots of color.

At six this evening there will be the free barbecue in the City Park. A barbecue goat supper, complete with the trimmings will be served to guests, performers and home-folks All are welcome.

The rodeo proper begins at eight o'clock on the rodeo field back of the Sterling School building. The announcer will be Riley King, said secretary Fred Campbell this week.

Events in the order planned are to be as follows: 1st. Three bare-back bronc riders. 2nd. Ten calf ropers. 3rd. Girls' barrel races. 4th. Ten ribbon tyers. 5th. Ten Sterling County calf ropers. 6th. Cutting horse contest. 7th. Wild mare race.

At ten o'clock following the rodeo there will be a dance. Hoyle Nix and His West Texas Cowboys will play for the dance, it has been announced.

HEALTH TALKS

Prepared by the Texas Medical Association

There seems to be an increasing number of ailments which call for a cutting down on the amount of salt in the diet. In fact, since salt has received so much publicity in the past few years as one of the items not to eat at time of certain illnesses, many of you might get the idea that it would be better to cut out salt while you're in good health, too.

Salt is essential to life. There is practically nothing living that doesn't contain salt. Because nearly all foods contain salt (or sodium, as it is called), it would be impossible to cut salt out of the diet completely, even if such a thing were desirable.

The aim of the body is to keep the salt level of the body fluids at 0.85 percent. That is the amount of salt in the body fluids of healthy persons. When that level changes, it shows up in the blood. The kidneys are the chief regulator of the salt level, either retaining salt when the level gets too low or throwing off excess salt; kidney disease, therefore, is likely to change the function of the kidneys to such an extent as to throw the salt level out of kilter, which in turn affects the whole body.

Other organs of the body also have an effect upon the kidneys, of course, so that with improper functioning of such organs as the adrenal cortex (the capsule that sits on top of the kidney), the heart, or the liver usually there is a change in the salt level of the body.

When salt is retained in the body, water is retained with it, usually creating a swelling of the various parts of the body which is known as edema; dropsy is an example. To get the body back to normal, medical treatment is aimed at restoring that salt level by getting rid of the retained salt and water.

Along with other treatment, a diet which cuts down on the amount of salt eaten is usually prescribed because the body will use up the salt it has stored away if too little salt is taken in; as the stored salt is called into action, the water it dams is also removed from storage.

No one should undertake a restricted salt diet without the advice of a physician. When such a diet is prescribed, however, it should be faithfully followed. Kidney trouble, heart trouble and high blood pressure are usually thought of as the leading diseases which make a low-salt diet necessary, but many doctors will prescribe the diet for a number of other ailments, also.

Depending upon the amount of salt which must be cut from the diet, there are schedules of foods to eat which vary from highly restrictive to just adding no extra salt at the table. That is a matter between each patient and his doctor as to how much salt must be eliminated. There are however, certain (Continued on Back Page)

More Progress

Another outstanding improvement for Sterling County is the new hospital. It is a wonderful building, with the best equipment money can buy, and will furnish a medical center for this county that has long been needed.

We are proud of the advancement that Sterling County is making and wish to congratulate everyone who had a part in the successful promotion of this worth while project.

Palace Theater

Mr. and Mrs. H. F. Donalson

Donations Made Help Hospital

A number of Sterling Countians have made donations to the new Sterling County hospital. The Commissioners Court is having plaques made for the donors in the manner the donors designate. The plaques are to be put on donated pieces of equipment, on rooms or in a suitable place, showing the giver and whatever the donors request.

The late W. L. Foster gave the land that the hospital is on before his death. He gave in in memory of his wife.

• One double room was furnished by Mr. and Mrs. T. F. Foster, Mr. and Mrs. Rufus Foster, and Mr. and Mrs. C. L. Coulson, in memory of Mr. and Mrs. R. W. Foster.

Mr. and Mrs. C. C. Reynolds furnished one double room.

One room was furnished by the Women's Missionary Society of the First Baptist Church.

The Noratadata Club members furnished one double room.

Mr. and Mrs. Earl Bailey furnished one room in memory of Mr. and Mrs. George Hull.

The Wimodausis Club members are responsible for the oxygen tent. The club donated that item instead of furnishing a room.

Donations Still Accepted

Donations are still in order. This is the way it works. If the item is already in the hospital, and you want to donate it, just pay for the item. The Commissioners Court will have a bronze plaque put on the item showing you donated it. Then the hospital will have that much money for other needed items or operating expenses. Things can be donated such as room furnishings, nursery items, lobby furniture, doctor's lounge items, operating table or what-have-you. Anything will be appreciated, you may rest assured.

ATHLETES FOOT GERM

After one application of T-4-L if not pleased your 40c back. This mobile liquid PENETRATES faster, quicker, deeper to make the kill. T-4-L at any drug store. Today at LONG DRUG CO.

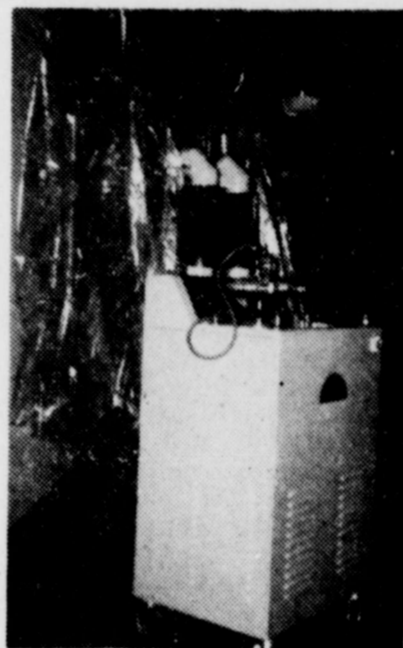
Wimodausis Club Donates Oxygen Tent To New County Hospital

When it developed that an oxygen tent was needed and that it was a possibility of not getting one out of the original money, the members of the Wimodausis Club voted to donate one to the hospital.

The club had some money and raised additional money by various ways, including a afghan raffle.

The oxygen tent cost \$725.

The pale tan brick and low flat roof of the new hospital makes it seem to be small. Once inside, one realizes that appearances are deceiving. The new building is spacious.



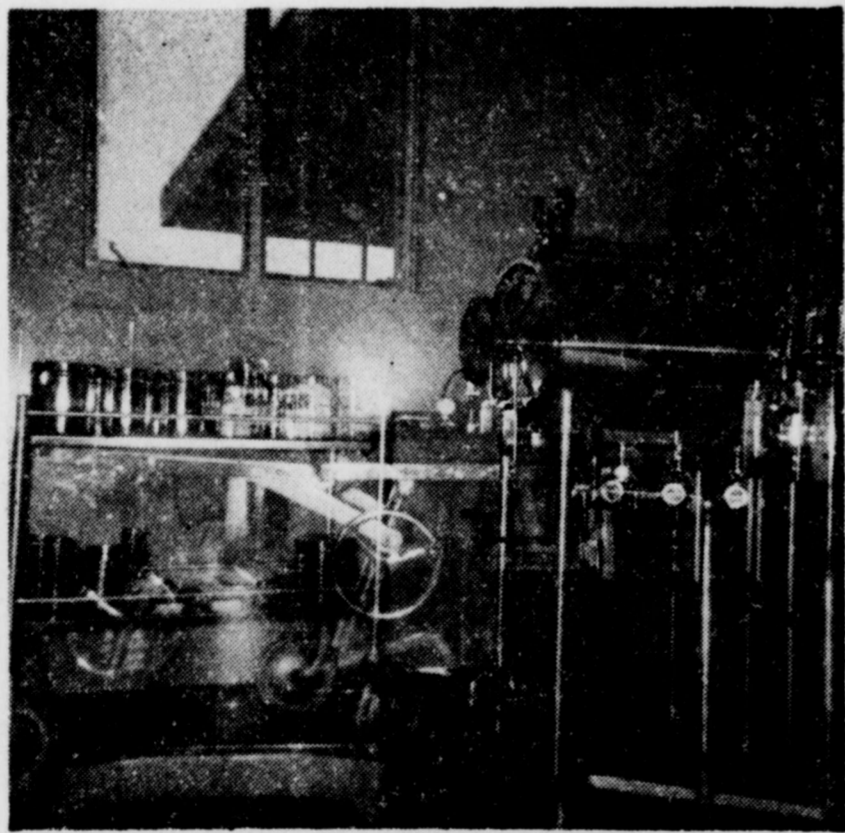
OXYGEN TENT

We Hail The New County Hospital

A Wonderful Institution
Serving Wonderful Folks
In A Wonderful Community

Turner's Humble Station

Jack Turner, Owner



STERILIZING ROOM

STERLING COUNTY FOLKS

Have Every Right to Be Proud

of the New

County Hospital

Which Is Now in Operation

We Congratulate

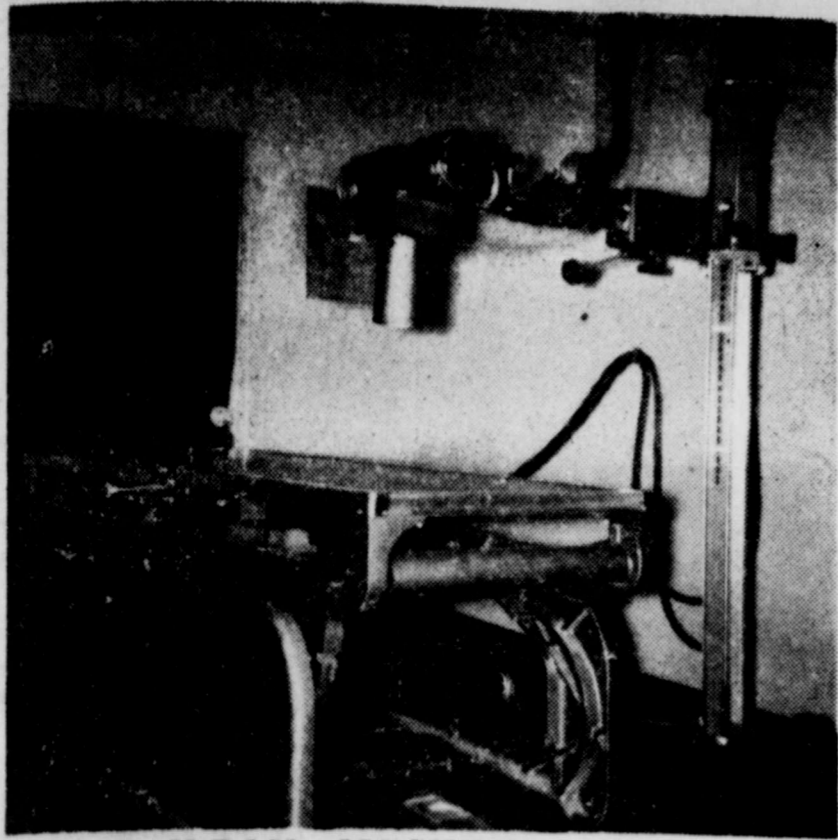
The County Officials, Members of the Hospital

Board and Hospital Staff

Williams Feed & Ranch Supply

C. T. (Boots) Williams

Purina Dealer



X-RAY MACHINE ROOM

X-RAY ROOM

Pictured here is the modern new X-Ray machine room of the new hospital. A developing room is close by and lighting units for viewing the X-rays are in the rooms.

A modern X-Ray machine is one of the things of most importance in an up-to-date hospital.

Also to be found at the new plant is a diathermy machine, an electrocardiograph machine and a basal metabolism machine.

First Patients

Thomas Andrew Cavitt, infant son of Mr. and Mrs. Willie Cavitt, was the first patient for the new Sterling County Hospital. He had a minor child's operation and was returned home the same day—not hospitalized. His parents are employed on the Demere ranch near Water Valley.

He was a patient on July 16. The first actually hospitalized patient was Mrs. Fred Hodges of Sterling City. She entered for routine medical care.

Photos By Robert Harris

Robert Harris, son of the Bob Harrises, took all the pictures that are used this week of the Sterling County hospital. Robert took both the inside as well as outside snapshots with his camera. With photography as one of his hobbies, he took the pictures for us on a rush deal.

We are indebted to Dr. Swann for conducting us through the hospital and explaining the various rooms. Mrs. Val Melvin helped on supplying some of the information.

We appreciate all help that was given us.

CROSS VENTILATING SYSTEM

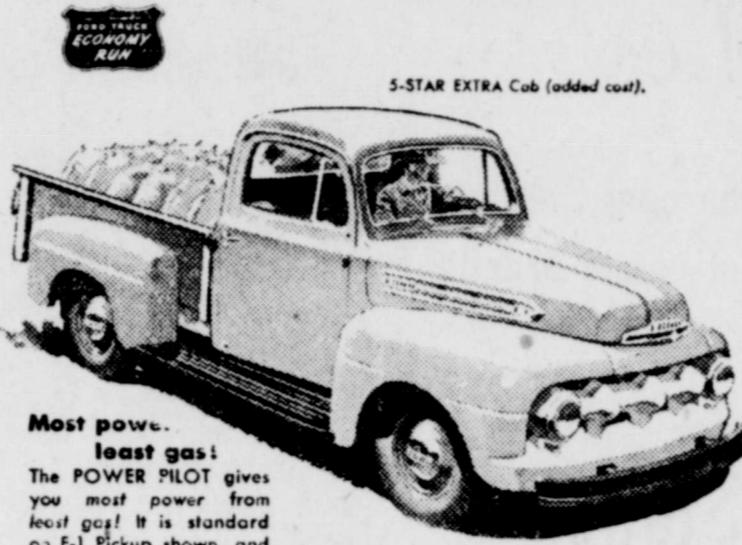
Two ventilating units, to give a cross ventilation, air-condition the new hospital. The cross ventilation system gives fresher air, and also has a more pleasing, cooling feel than a single deal.



"My 2-ton dump hauls tough loads for less than 3 1/2¢ a mile!"

L. C. Clingan, of Lawton, Oklahoma, is a sand and gravel operator. He drove his Ford F-6 in the big Ford Truck Economy Run. He says, "In six months, I traveled 25,271 miles with an average load of 13,500 lbs., made 1,566 stops. Total spent for gas, oil and service was \$882.49—or 3.49 cents per mile."

Actual on-the-job records show . . .
FORD TRUCKS COST MIGHTY LITTLE TO RUN!



Most power, least gas! The POWER PILOT gives you most power from least gas! It is standard on F-1 Pickup shown, and on all Ford's 180 models!



"I haul hay stacked high for only 2.34 cents a mile!" Stockman Alex Forshage, Jr. of San Marcos, Texas, says, "Hauling loads of 3,200 lbs., my F-5 Stake cost me only 2.34 cents a mile!"

Availability of equipment, accessories and trim as illustrated is dependent upon material supply conditions.

FORD
trucking costs less because Ford Trucks last longer!

Using latest registration data on 7,318,000 trucks, life insurance experts prove Ford Trucks last longer!

Sterling Motor Company

PHONE 197

STERLING CITY, TEXAS

From Your Electric Servant--
Congratulations
On the Opening of the
Sterling County Hospital

The opening of the Sterling County Hospital, bringing to the people of the community the manifold benefits of this modern medical facility, is typical of the true American spirit the spirit of progress the spirit of more and better services for all people.

We, of your electric service company, are proud to serve this new hospital proud that we, too, can bring more and more comforts and better living to the people of Sterling County through the ever increasing uses of modern electric service.



© REDDY KILOWATT
Your Electric Servant

West Texas Utilities Company

Hospital Board Mainly Ranchers

Rufus W. Foster, local rancher, was named chairman of the hospital board at its organizational meeting after appointment by the Commissioners Court in the spring. Foster and the board are the directors for the hospital and took over as the directors when the building was completed. They have the power of directors to operate the hospital.

Foster, in addition to being the chairman of the new hospital board, Foster is a director of the First National Bank here, a director of the Upper Colorado River Authority. He also is active in State Masonic circles and serves as assist-

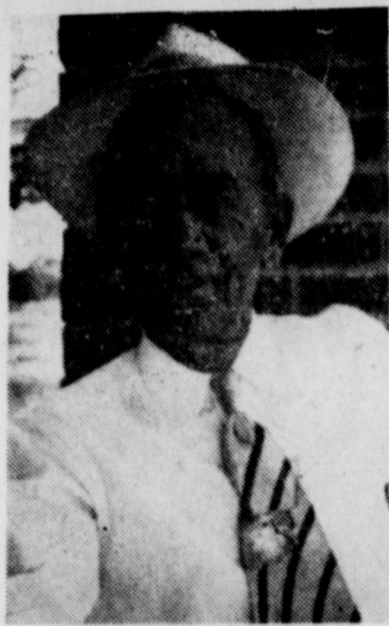
ant superintendent of the First Methodist Sunday School.

H. L. Hildebrand, local rancher, was named secretary of the board at the organizational meeting. He is a civic and Masonic worker, too. He is now treasurer of the First Methodist Church.

Board Members Named

The other members of the new hospital board named by the Commissioners Court are Foster, S. Price, rancher, Worth B. Durham, rancher and attorney, E. L. Bailey, rancher, and Dr. W. J. Swann.

Rubber Stamps at News-Record



RUFUS W. FOSTER
Chairman of the Hospital Board



H. L. HILDEBRAND, Secretary

"THE CASE OF THE BURIED LETTERS" * * * * * Fellow investigator Paul Spencer as he risks his life to find a packet of missing letters and the cold blooded killer who wrote them. This suspense-packed, true-life mystery will appear in the American Weekly, that great magazine distributed with next Sunday's Los Angeles Examiner.

Job Printing Done. News-Record.

Hospital Auxiliary To Meet Thursday

AUGUST 2nd

The Sterling County Hospital Auxiliary will meet on Thursday afternoon, August 2 at the hospital, announced Mrs. Lester Foster this week. The auxiliary meets on the first Thursday of each month, she reminded.

Mrs. Foster was elected president of the Auxiliary at its organizational meeting two months back.

Be sure and visit the New Sterling County Hospital on Open House Day. It will be announced soon.

Bauers Return From Vacation

The Henry Bauers returned home last week-end from an eight day vacation trip spent in the northwest and points in between. The Bauers visited in Colorado Springs, saw Pike's Peak, went through the Yellowstone National Park and saw the salt lake and Mormon Temple at Salt Lake City.

FOR SALE—Eight Registered and pure-bred yearling Suffolk bucks.
Fred W. Allen

Quality Job Printing, News-Record.

Best Wishes

For the complete success of the new Sterling County Hospital. It will be of untold benefit to the community.

Bauer Texaco Station

"We Enjoy Serving You"

Phone 45

Henry Bauer

Good Things

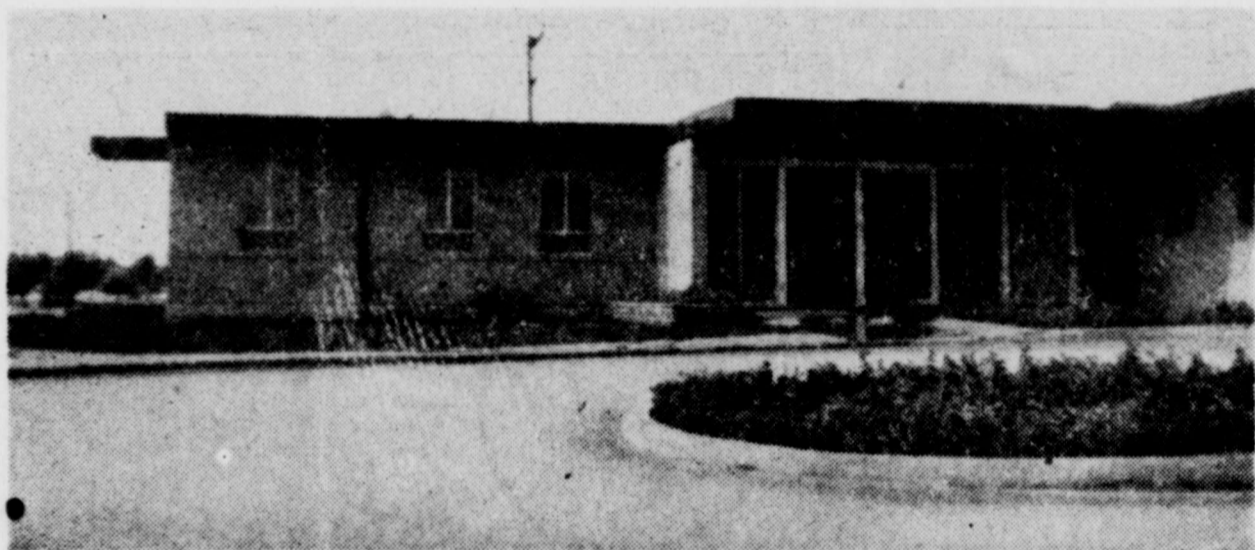
Are Worth Working For

So Was The

NEW COUNTY HOSPITAL

R. P. Brown

Texaco Consignee—36 Years in Sterling



VIEW OF ENTRANCE TO HOSPITAL

Success to The
New
Sterling County
HOSPITAL

Opening of this outstanding institution is one of the most important achievements that has ever come to Sterling County. From now on our sick folks can be cared for at home where modern hospital facilities and highly trained medical attention is available.

We are proud to reside in a community whose citizens work together. This fine example of community spirit was responsible for the successful hospital campaign.

We wish the Hospital Board and its Staff every success for the future.

This Is Our Hospital
Let's Make It
A Success

CHAPPLE'S FOOD STORE

We Appreciate Your Business

Sterling County Hospital Now Open

The Sterling County Hospital opened for business last week on Tuesday morning.

Some of the furniture has not yet arrived but the place is taking patients albeit. It is planned to have an open house and formal opening when all furniture has been received, but it is not certain just when that will be, possibly two more weeks.

There are six double rooms. There is a closet for each patient and connecting showers and bath for each room. The rooms are equipped with modernistic lights which are adjustable in many different ways. Each bed has bedside units for the individual patients and these are the latest things in that particular line.

The whole hospital plant is one of modernity, utility and convenience. It has to be seen to be appreciated. All citizens are urged to visit the hospital on opening day.

The Commissioners Court, the Hospital Board members, and the hospital staff, all want a good turnout of Sterling Countians on opening day.

The new hospital gives Sterling Countians and citizens of the surrounding territory a much needed medical center.

All Sterling County is proud of the new hospital.

Costing nearly \$180,000, the hospital has twelve beds. Included in the plant proper are locker rooms, storage rooms kitchen, pantry, X-ray room, developing room, laboratory room, doctor's lounge, doctor's laboratory room, delivery room, operating room, emergency room, fracture room, nursery room, dining room, 6 double patient rooms, drug room, business office, nurses station, lobby or lounge room, rest room for general public, isolation room, nurses lounge room, and the usual service rooms and boiler room and incinerator.

There are two heating units. One will be used and one will be a standby. The water system is off a pressure pump, but a standby, underground storage tank is full of water for stand-by use.

The lawn has been sodded with St. Augustine grass and trees and shrubs have been set. Flowers grace the entrance parkway. A plate glass front of the lobby greets the visitors.

BOY SCOUT HIKE

The Sterling Boy Scouts had an overnight hike on the Nick Reed river place Monday night of this week. Scoutmaster Kack Cole was in charge and Forrest Foster and Finis Westbrook helped him on the deal.

Job Printing Done. News-Record.

HOSPITAL STAFF NAMED

Mrs. Valentine D. Melvin is the administrator of the new hospital. Mrs. Melvin, R.N., is nationally registered in laboratory and X-ray. Mrs. Melvin is secretary-treasurer of the American College of Medical Technologists, is Texas State Representative for the National American Medical Technologists, and is a member of the executive board of the American Medical Technologists. She came here from Ozona where she was administrator for the Ozona hospital for Dr. H. B. Tandy.

Miss Thelma Wells, Registered Nurse, is a graduate of Northwest Hospital School of Nursing, Amarillo, Texas. Miss Wells is also nationally registered in X-Ray.

Mrs. Cora Lilly, registered practical nurse, has lived in San Angelo many years. She came here from Ozona where she nursed in the hospital there.

Miss Martha Perzenski, R.N., will be here on August 15 from Fort Stockton, where she has been nursing the past few years.

Mrs. Mary Martin will begin work at the hospital August 1 as dietician. Mrs. Martin has lived here and has had experience as cook and dietician.

Crescencio has been employed since March as janitor. He has planted the lawn and taken care of the many duties since that time.

Ora Roderigues is helping at present in the hospital to get everything cleaned and in order.

Methodist Church

Rev. Fred Brucks of San Angelo will bring the message at the Methodist Church Sunday morning at 10:50 a.m. Quarterly conference will immediately follow.

All are invited to worship at the Methodist Church, 100 in Sunday School is our goal. Will you help us make it.

W. J. Weimer, Pastor.

Have You

been visiting
had visitors
sold anything
bought anything
had a party
been to one
joined a club or been
thrown out of one
got engaged
been jilted
got married
been divorced
had triplets
quadruplets
or even one
baby?

That's News!

and we, and your friends would like to know about it.

Call The News-Record

ask for the society editor, that's me

Or If You're Scared

we can't spell your name or somebody else's

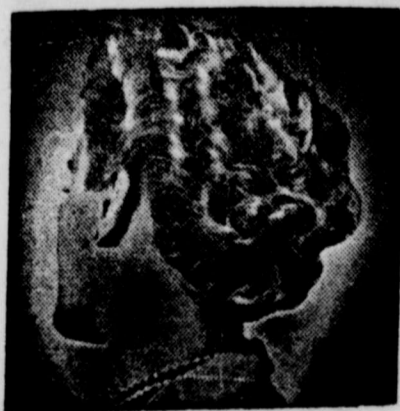
Then Write It Up

on a piece of scratch paper and bring it in or mail it in or something and we'll all know it and we'll all be happy!

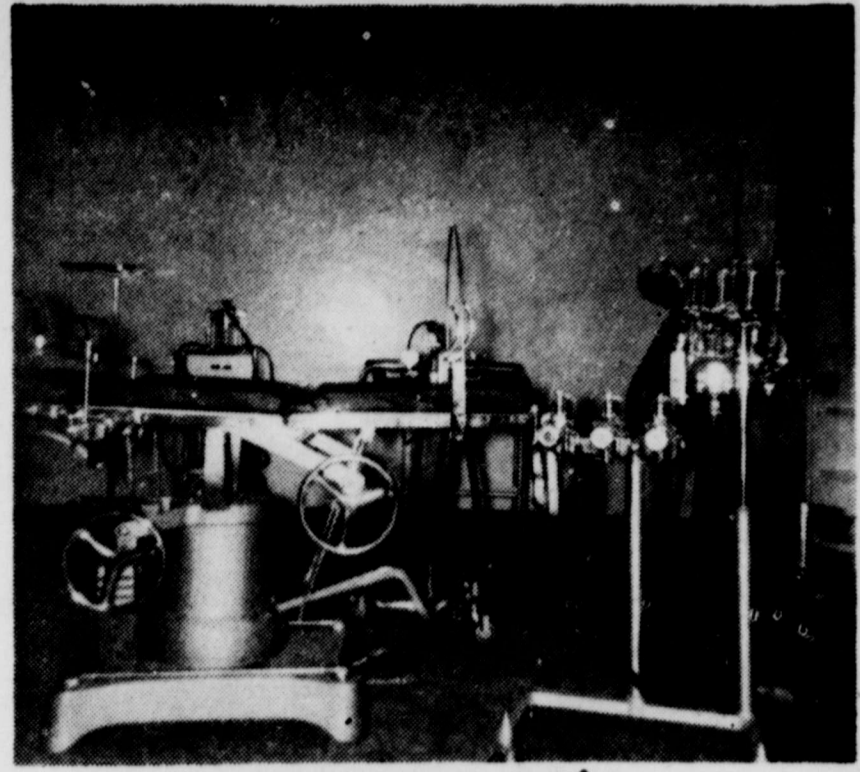
Thank You!

Garrett's Barber Shop

Just North of Long Drug Co. in The STATE HOTEL
D. D. (Levi) GARRETT, Prop.
Located in the Hotel in the Place Formerly Occupied by the Sterling Beauty Center



FOR THE LATEST MODES OF
HAIR STYLING
Call 123 for Appointment
Vanity Beauty Shop
Sterling City, Texas



OPERATING ROOM

Baptist W. M. S.

A business meeting was held at the regular meeting of the Baptist Women's Missionary Society Monday afternoon at the church. Mrs. Roy Morgan led the group in a parliamentary drill.

Present were Mmes. Lee Hunt, Mud Allen, J. A. Revell, Lee Augustine, L. F. Wallace, Jack Douthett, Roy Morgan, D. C. Durham, W. L. Emery, Boots Williams and Pete Easley.

Mrs. H. C. Lawson led the Sunbeams that afternoon with 12 children present. On Thursday afternoon of this week the W.M.S. sponsored a picnic for the Sunbeam Band at the ranch home of the president, Mrs. Lee Hunt. Thirty-eight were present for the affair. Sandwiches, cookies, drinks, ice cream were served.

Visiting Mrs. C. N. Crawford

Misses Corinne Phillips and Diane Phillips of Ozona, Rachael Ann Durham of San Angelo are visiting their grandmother, Mrs. C.N. Crawford, this week.

Clauda Collins is home for the week-end from San Marcos Baptist Academy.

When asked whether he were an optimist or a pessimist, an old darky replied: "Neither one—I'se just a possomist."

Well—as one eye said to the other eye: "There's something between us that smells."

For wedding invitations, announcements, at-home cards, etc., see the local News-Record shop.

On Your Left as You Enter Angelo



STERLING LODGE

A. F. & A. M.
No. 728



Regular Meetings on the Second Tuesday of Each Month

Congratulations Sterling County Hospital

We are proud to live and try to be a part of a people who are going forward, a people who recognize their needs and opportunities and rise to meet them as they have done in the building of one of the most beautiful and serviceable hospitals in the whole country.

We hope this institution will have the hearty support and cooperation of all the people of Sterling County.

This is our hospital; let's make it a success

Long Drug Company

C. A. Long

Phone 82

A Big Step Forward

We have been lacking in medical and health service for a long time, and the new hospital now in operation will prove one of the greatest blessings which has ever come to our community. Everyone is proud of the institution---it's a wonderful building and well-equipped--and it's operation will be highly successful under the direction of the hospital board.

Martin C. Reed Wool Warehouse

Farmers Show "Pain Makers" the Way How; Irrigation Does Trick

By IKA MILLER
Farm Electrification Bureau

Farmers get thirsty—and so do their crops. The difference is that the farmer can quench his thirst easily and quickly with a glass of water. He doesn't have to depend on a whim of nature to solve this simple problem. Crops do. Dry seasons can ruin them, and the farmer as well.



IRRIGATION SYSTEM—provides farmer with "controlled" rain.

In years past, the job of "conjuring up" needed showers often was placed in the questionable province of professional "rain makers." And many were the fingers that were crossed as weird incantations were loosed on parched fields.

All that is over now. The farmer has become his own "rain maker," his "magic" being worked with an electric switch which starts water flowing through an irrigation system. If his land is fairly level, his water supply ample, and his power abundant, he may irrigate by flooding or ditching. Such systems employ large pumping installations and, generally, are used in more arid sections of the western and southwestern states where crops require several feet of water annually.

Farmers with less water to spare, lower water requirements, rolling land and a desire or need for using smaller pumps, installations may use sprinkler systems. Such systems are of various types and may be either permanently installed or portable. The latter are composed of easily detachable sections, which are light enough to be moved and re-

coupled easily. They are designed for irrigating all crops, pastures and orchards, and permit farmers to control their water requirements more carefully.

Little definite operation cost data has been developed for irrigation systems because of the many variables involved. In most farming areas, however, only supplemental irrigation is necessary—and here the

cost of electricity for operating a sprinkler system will average approximately \$4 per acre per season. This figure will be higher in arid regions. Installation costs of such systems are higher than those for surface systems (flooding, ditching, etc.), provided that land does not have to be leveled. Operational and maintenance expenses of surface systems may be somewhat higher than other types depending, once more, on frequency of application and other factors; plus the heavy drain on water supplies.

The type of irrigation system, which will perform best for you is based on such data as the amount of water available, source of water, distance from water source to field, elevation to the irrigated areas above the water source, number of acres to be irrigated, frequency of irrigation, kind of crop and type of soil. All systems must be correctly engineered and installed for maximum efficiency. Their use pays off in higher yields per acre, provides "crop insurance" against drought and helps in maintaining milk production at high levels by keeping summer pastures in good condition.



LOS ANGELES, CALIF.—Why mothers get grey. Mrs. Clara Kwalwasser holds her head in consternation as she gets first look at the Mohican hair cut of her grinning son, Leon, 12. Mrs. Kwalwasser said, "I didn't know what I was agreeing to. I thought maybe it was something like a crew cut." It is the latest vogue among the younger set, and the lad's barber used a comic book picture for a model. Barber Ren Segal said that he insists on a note from parents giving consent because of the effect on the nerves of doting mothers.



NEW YORK—American youth now has the greatest opportunity for recognition and advancement in business management in the history of the nation. During the "middle term" of the national defense program—from the present through 1953—it is the young men from the farms and cities who will make America invincible in industry and arms.

James J. Nance, one of the country's top business leaders, told an audience of management officials that industry's first objective is to accept full responsibility for producing defense materials. At the same time, stabilization and expansion of the working force, and progress toward an advancing standard of living are also prime targets for management, the president of Hotpoint said.

New management talent can be discovered in every business organization among the young men who have started their careers since the war. This is one phase of planning for the "middle term" in the nation's dual economy, which Nance termed "a greater challenge to American business than all out peace or all out war."

A Summer-Weight Topper

CAKE OF THE MONTH



By BETTY BARCLAY

During these hot summer days, we rightly relegate rich, heavy desserts to a temporarily-out-of-service file. However, since nearly everybody likes something to "top off with" at dinner time, we believe you'll find Chocolate Coconut Dream Roll a happy choice for most tastes. A simple sponge pudding with tender shredded coconut added with packaged chocolate pudding with tender shredded coconut added. When company is expected, a chocolate glaze topping and additional lacy coconut give just the right touch.

Chocolate Coconut Dream Roll
 ¾ cup sifted cake flour
 ¾ teaspoon double-acting baking powder
 ¼ teaspoon salt
 4 eggs (at room temperature)
 ¾ cup sugar
 1 teaspoon vanilla

Sift flour once and measure. Combine baking powder, salt, and eggs in bowl. Beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light-colored. Fold in flour and vanilla. Turn into 15 x 10-inch pan which has been lined on bottom with paper. Bake in hot oven (400° F.) 13 minutes. Turn out on cloth which has been sprinkled with confectioners' sugar. Quickly remove paper and cut off crisp edges. Roll cake, rolling cloth up in cake. Let cool about 10 minutes. Unroll, spread cake with cooled

Chocolate Coconut Filling and roll again. Wrap in cloth and cool on rack. Spread Chocolate Glaze over filled roll and sprinkle with ½ cup shredded coconut.

Chocolate Coconut Filling. Place 1 package prepared chocolate pudding in saucepan. Add 1½ cups milk and ½ cup shredded coconut gradually, stirring constantly. Cook and stir over medium heat until mixture comes to a boil and is thickened. Cool, stirring occasionally.

Chocolate Glaze. Melt 1 tablespoon butter and 1 square unsweetened chocolate in double boiler. Combine 4 teaspoons hot milk, ½ cup confectioners' sugar, and dash of salt; add chocolate mixture gradually, stirring to blend. While warm pour from teaspoon to glaze roll.



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Printing

DONE HERE IN STERLING CITY
AT THE

News-Record



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Are Fine

Friendly relations certainly go a long way toward making this a happier world. We feel particularly fortunate in having such friendly relations—with you!

When service is good, you are quick to tell us. When occasionally you do have trouble with service, you report it in a friendly, reasonable manner. Your understanding of our problems is much appreciated too. With such friendly relations, is it any wonder we're doing everything possible to give you the best service money can buy.

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Robert Massie Co.
"Everything in Furniture"

AMEULANCE SERVICE

FUNERAL HOME

San Angelo, Texas

SPORTING GOODS
FISHING TACKLE, GUNS, AMMUNITION, CAMPING, etc.

C. C. AINSWORTH

PHILLIPS 66 STATION
Phone 148

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Sterling City, Texas

DEAD ANIMALS
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REMOVED free

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San Angelo 3200

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RENDERING CO.

City Barber Shop

H. F. MERRELL, Prop.

"Satisfaction Guaranteed"

Insurance & Abstracting

Reliable Abstract Work
Fire and Automobile Insurance

DURHAM ABSTRACT CO.
DURHAM INSURANCE AGCY.

Worth B. Durham, Mgr.

We're Glad

To See a Long-Felt Need of a Hospital In
Sterling City Finally Realized.

Our Congratulations to the Citizens of Sterling,
The Commissioners Court and All Who Had
a Part in Making the New Hospital a Reality.

Lowe Hardware & Furniture Co.

Lowe Funeral Chapel

Our Heartiest Congratulations

To everyone who had a part in making the new Sterling County Hospital a reality. It cost quite a sum but will be worth many times that figure in promoting the health and prosperity of the community.

Best Wishes

To the Hospital Board and Staff

Sterling Oil Co.

Cosden Products

Service

Pat Boatler, Mgr.

EDITORIAL

Local Physician Held in High Esteem

With the opening of the Sterling County Hospital, the people of the county have access to one of the most modern, complete small hospitals any where. The plant and equipment have been approved by the health departments and is recognized as being of the best.

The hospital is something that the entire county can be well proud of and support in any and all ways. The hospital is in a sense, a tribute to one man. When it developed that the beloved doctor, Wm. J. Swann, was going to leave here, things began to hum. An election was called, the bond issue voted with but 6 dissenting votes. There were 228 for. Such an overwhelming vote was due primarily to the fact that Swann was to leave and go to a town that had a hospital. It was a tribute that probably has no equal in the annals of this county.

Swann has not only the high regard and love of the people of this county whom he serves, but also among members of the medical profession. He has served as president of the Tom Green-Eight County Medical Society. He has been honored by the various clubs and organizations of which he is a member. He is now president of the Sterling City Lions Club, secretary of the Masonic Lodge, and a member of the board of stewards of the Methodist Church.

The popular doc works with the Boy Scouts when asked, having in the past served on the troop committee, and helped in fund raising activities.

In 1945, in a most outstanding citizen of the county contest, Swann led the voting with the record top votes for the series. He is a doctor of renown, a citizen of repute, and a friend to all. The charities of his time and talents are prodigious. He is held in high regard by the lowly and great and his art is not denied to anyone. Swann is a true disciple of Hippocrates, doing even more than his part to keep up the high

level of the profession.

"Doc" is the kind of a doctor and man every person longs to have in his particular community. It is a pity that there are not more like him.

We thank our lucky stars that we have him here in Sterling.

As a doctor, as a man, as a citizen, as a friend, we are proud of "Doc" and we wish for him the best.

Room Rates \$8, \$10 And \$12 Per Day

The rates at the new hospital are \$8 per day for a bed in the double rooms and \$10 and \$12 in private rooms. These rates are in keeping with hospital rates over the country. Other charges are about the same as will be found in most hospitals, said Mrs. Val Melvin, administrator. Just regular charges for lab fees, X-rays, medicines and dressings are in effect, she said.



DR. Wm. J. SWANN

For engraved announcements, cards, letterheads and envelopes, see the News-Record. Prices are reasonable.

Patent Quiz Can influence or political pressure advance consideration of one patent application over another?



Senator Bluffem: As a personal favor to me, Mr. Examiner, I want you to take up this patent application of my friend, John Duff, and give it immediate action!

Examiner: Sorry, sir, but the Patent Office is not permitted to extend personal favors to anyone.

National Patent Council Gary, Indiana

Answer: No. Each application for patent is given a serial number as it is received. No political or personal influence can change that order of consideration. Cases are considered earlier when it can be shown that someone else has put the invention on the market, and for other good reasons. Rule 102 says: "Applications will not be advanced out of turn . . . except . . . upon order of the Commissioner . . . or upon a verified showing which, in the opinion of the Commissioner, will justify so advancing it."

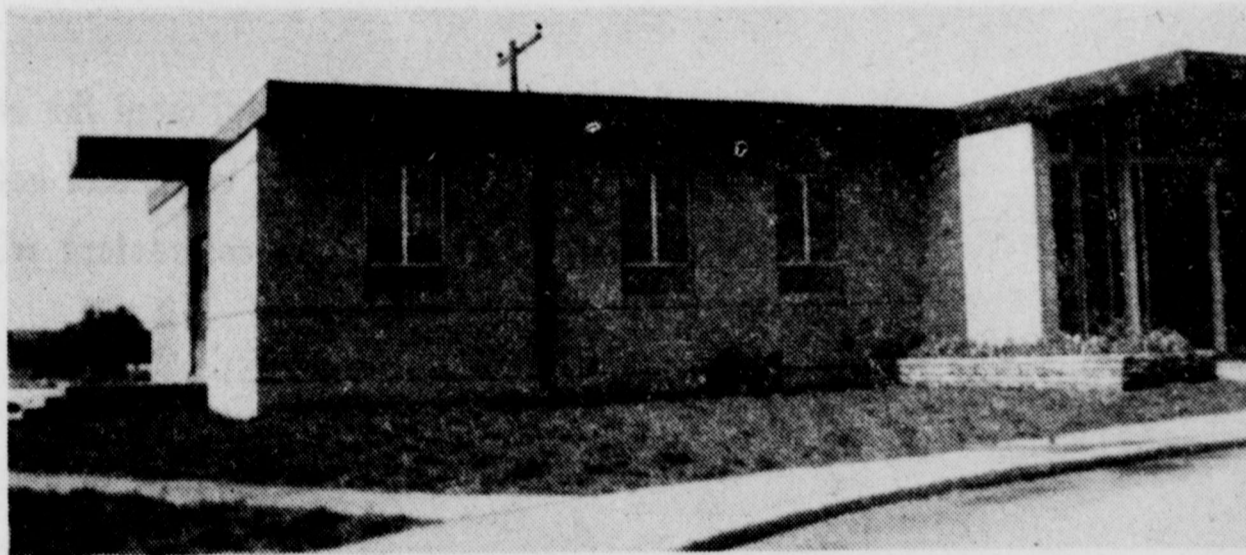
STERLING COUNTY FOLKS DESERVE THE BEST

And our people will now have available to them right here at home the best kind of medical and hospital service.

WE CONGRATULATE

All those who had a part in constructing and equipping the Sterling County Hospital, and we extend Best Wishes to the Hospital Board and Staff.

We are glad we could help by supplying some of the materials used in the construction.

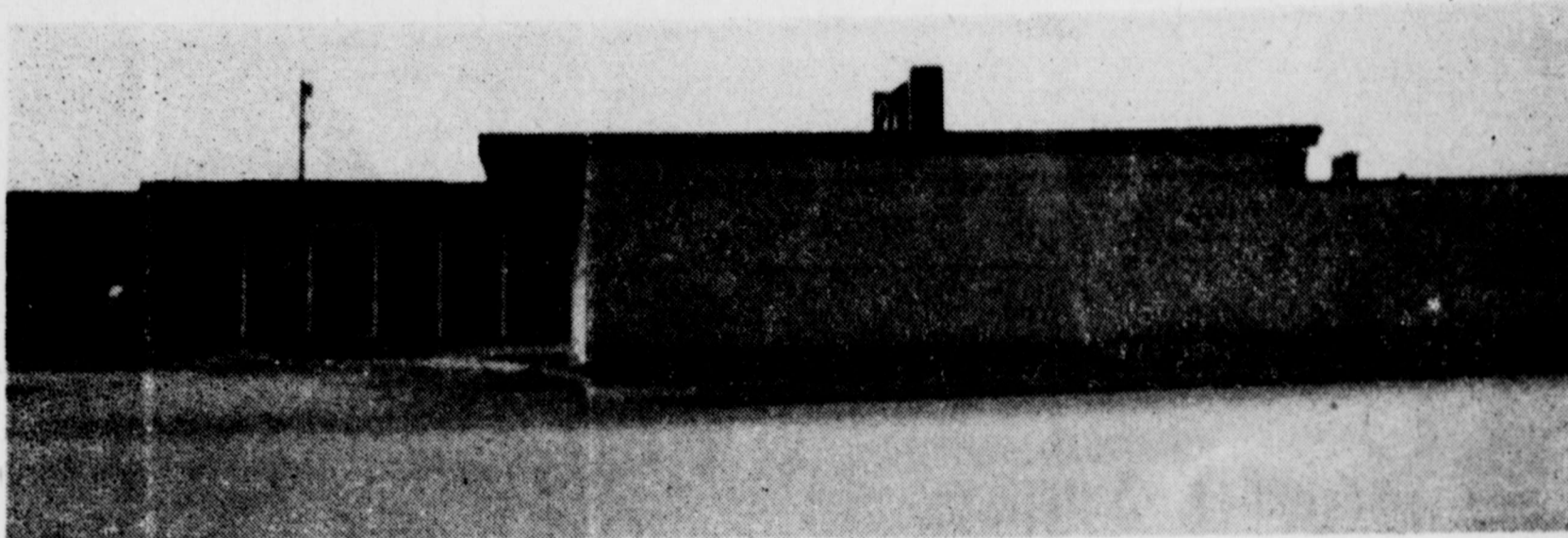


We're Very Proud OF THE NEW Sterling County Hospital

South Texas Lumber Co.

Doug Farnsworth, Mgr.

Sterling City, Texas



We wish to extend our congratulations to the fine people of Sterling County upon completion of their new Hospital. Opening of this health and medical center is in keeping with the spirit of progress which prevails throughout this wonderful community.

It has been a pleasure for our firm to handle construction of this project and we wish to thank the Commissioners Court for their excellent cooperation.

We also want to compliment the architect, John Linn Scott, for his outstanding work and helpful cooperation at all times. Also the sub-contractors who were associated with us.

JOE B. THARP

General Contractor

P. O. BOX 1292

SAN ANGELO, TEXAS

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STERLING CITY NEWS-RECORD

JACK DOUTHIT, Publisher
Entered Nov. 10, 1902, at the Sterling City postoffice as second class matter.

PUBLISHED EVERY FRIDAY

SUBSCRIPTION RATES
\$1.50 a year in Sterling County
\$1.75 Elsewhere in Texas
\$2.00 Outside State of Texas

NEWS established in 1890
RECORD established in 1899
Consolidated in 1902

All classified ads, public notices, cards of thanks, legals, and such advertising are charged for at regular rates—2c per word. Display rates are 42c per column inch.

WORTH B. DURHAM

Lawyer
Sterling City, Texas

Woods Family Holds Reunion

Children and other relatives of the late Mr. and Mrs. J. W. Woods met Sunday at the R. M. Woods home for a reunion.

Attending were Mrs. Sadie Overton, Mr. and Mrs. A. J. Overton, Juanelle, Deanna, and Winona, all of Big Spring; Mr. and Mrs. John Overton, Billy and Freddy, of For- san; Mrs. Maude Connor of Yuba City, Calif. Mr. and Mrs. W. C. Mathis and Marguerite of Winters; Mr. and Mrs. Alvin Walraven, Kelley, Karen, Celeste, and Beth Ann, Mr. and Mrs. Bill Brooks and Beverly of San Angelo; Mr. and Mrs. Joe Walraven and Mike of Abilene; Mr. and Mrs. John Walraven, Mr. and Mrs. Dayton Barrett and Betty Jo, Clinton Hodges, and R. M. Woods, all of Sterling City.

Dick Bailey, son of the Seth M. Baileys, has signed up to enter Texas University this fall. He has two years already at Southern Methodist University, but he wanted to major in economics and is switching to Texas.

Pays Tribute To Pacific War Dead



Elenita Carpio, 10, pays tribute on behalf of the children of the Philippines, to the American and Filipino war dead of World War II in Fort McKinley Cemetery outside Manila. 17,350 American soldiers and Filipino scouts are buried in the cemetery, one of the largest in the Pacific area.

Now, six years after liberation, the Philippine Republic is planning observance of Achievement Week in July. Achievement Week is a national summing-up of the progress made in the reconstruction and rehabilitation of the nation during the post-war period.

"Child of the Year" Contest Winners

The first place winner in the Child of the Year Gene Autry contest was Michael Johnson, son of Mr. and Mrs. R. L. Johnson. The winners were shown on the screen at the Palace Theater Tuesday of this week.

Second place went to Billy Boyd Allen, son of Mr. and Mrs. Worth Allen. In third spot was Kathy Balkum, the daughter of Mr. and Mrs. Wilbur Balkum.

4-H Club Meeting Wednesday Night

There were 22 4-H Club boys at a called meeting Wednesday night of this week. Fred Campbell, local county agent, called the meeting to discuss selecting club lambs for this fall's projects. They talked of pooling orders and buying feed in quantity to save money.

Assignments were made for the boy's concessions at the Sterling City Rodeo here this week-end.

Also present were Forrest Foster, and Charley Drennan.

M. K. Smiths on Vacation

The M. K. Smiths left here last Saturday on a vacation. They first went to Corpus Christi to let the children swim in the ocean. Near San Antonio a drunken driver nipped the rear of the Smith car and he had to be in San Antonio Monday to testify in the case. They plan to visit in Fort Worth and other north Texas points before returning here. Smith is the bookkeeper at the Sterling Motor Company.

FORMAL OPENING NOT SET

The formal opening or "Open House" Day for the new County hospital has not yet been set. Some more furniture and other items are yet to arrive, keeping the date indefinite, said Mrs. Val Melvin, administrator.

Forrestine Boyd, daughter of the John Boyds of Houston, has returned to here home following a visit here with her grandmother, Mrs. J. A. Revell and other relatives.

Rubber Stamps at News-Record.

Palace Theater

Fri., Sat., July 27-28

"Flying Missile"

Gleen Ford, Viveca Lindfors

Sun., Mon., Tues., July 29-30-31

"King Solomon's Mines"

Stewart Granger, Deborah Kerr

Wed., Thurs., Aug. 1-2

"Storm Warning"

Ginger Rogers, Ronald Reagan

Fri., Sat., Aug. 3-4

"Pygmy Island"

Johnny Weismuller

If Your Diet is Deficient in Iron and Vitamin B₁, This Great New Formula May Help You

BUILD RICH RED BLOOD!

Are you constantly over-fatigued... nervous... weak... underweight? Scientists say it may be that you simply do not get enough B-Vitamins and Iron in your diet... a common condition.

BEXEL SPECIAL FORMULA MAY DO WONDERS FOR YOU

If that is the case, a great new scientific compound—Bexel Special Formula—may be exactly what you need for glowing, vibrant good health.

Everybody knows the importance of Iron in your diet to help you build rich, red blood. Well, just one capsule of Bexel Special Formula—that's all you take a day—contains 5 times the minimum daily requirements of both Iron and the vitally important Vitamin B₁.

FEEL BETTER OR MONEY BACK!

Try Bexel Special Formula for just 30 days (at a cost of only 6¢ a day!). If you don't feel definitely better... your money will be cheerfully refunded!

Product of McKesson & Robbins

Long Drug Company

From where I sit ... by Joe Marsh



What's So Funny?

Just finished reading a magazine article that "proves" you and I don't know what's funny.

A bunch of psychologists came to this sad conclusion after telling jokes to college students. Very often they would give out with what they considered a side-splitter—and not get even a chuckle in response. Other times the students would laugh their heads off at stories that weren't considered really funny.

Maybe I'm wrong, but what makes a psychologist such a better judge of humor than the rest of

us? If a man gets a kick out of a joke that proves it was funny to him—doesn't it?

From where I sit, when psychologists try to set up a standard for a sense of humor they're getting too serious for me. Stands to reason that different people laugh at different things, just as they have different tastes for most everything. I'm partial to a glass of beer with meals myself—but I promise not to make any "wise-cracks" if you prefer tea.

Joe Marsh

Copyright, 1951, United States Brewers Foundation

Announcement

To our Sterling City patients

We now have a complete lens-grinding laboratory service so that we can make your glasses and fit them to you the same day that we examine your eyes.

It will help us if you will come as early in the day as possible so that we may make your glasses while you shop or visit in Big Spring.

HAMILTON Optometric Clinic

106 West Third (Across from Court House) BIG SPRING



Chevrolet alone offers this complete Power Team!

- POWERglide**
Automatic Transmission*
-
- Extra-Powerful 105-h.p.
Valve-in-Head Engine
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- EconoMiser Rear Axle

Come in, sit at the wheel of a new Chevrolet with time-proved Powerglide Automatic Transmission, and take a "discovery drive" over your own favorite road.

Convince yourself that this car, and this car alone, brings you simplest, smoothest, safest no-shift driving at lowest cost. Come in... drive it... now!

*Optional on De Luxe models at extra cost.

In the low-price field, Chevrolet built the first automatic transmission... and Chevrolet builds the finest... to give you smooth, dependable no-shift driving at lowest cost!



Take Your "DISCOVERY DRIVE"

C & W MOTOR COMPANY

Sterling City, Texas

Phone 35

HEALTH TALKS
(Continued from Front Page)

tain foods which are lower in salt content than others; they usually form the basis from which to work on eliminating items on a salt-restricted diet.

All salted foods, naturally, come off the list first—salted nuts, potato chips and the like. Canned foods which have had salt added in the canning process are also often eliminated, but special saltless canned foods are available now in most grocery stores.

Meats and dairy products are nearly all high in sodium. Those which contain the least include lean beef, lean lamb and lean pork. (smoked pork is omitted); chicken breast, duck breast and turkey breast veal, venison, beef liver, pigeon, rabbit loin and foreleg, sweetbreads, tripe, and turkey leg. Butter (unsalted), cream, egg yolk, and milk are the least salty of dairy products.

Other foods which are basically low in sodium content include:

Beverages—the cola drinks, cocoa, coffee, fruit juices, ginger ale,

cereal drinks, tea and wine.

Fats and oils—unsalted beef drippings, unsalted butter, vegetable oils, olive oil, and salad oil.

Cereal and cereal products—arrowroot, pearl barley, cornflour, cracked wheat, cornmeal, farina, white flour, wheatmeal flour, macaroni, maltex, oatmeal, puffed rice, puffed wheat, rice, sago, semolina, shredded wheat, soya flour, tapioca, and wheatena.

Fruits—all except those to which salt or sodium benzoate have been added.

Vegetables—same as for fruits except that celery, beets, dandelion, kale, mustard greens, spinach and sauerkraut are often eliminated.

Sugar and preserves—plain chocolate, dry coconut, sugar, honey, jam, jelly and marmalade.

Fish—all except shellfish and oysters. No salted or smoked fish are allowed, of course.

Nuts—any that haven't been salted.

Condiments—allspice, caraway, cinnamon, curry powder, garlic, mace, mustard powder, nutmeg, paprika, pepper, peppermint extract, sage, thyme, tumeric, vanilla ex-

tract and vinegar. Prepared flavorings are not included nor are onion salt, celery salt, and garlic salt.

Such condiments as are allowed will usually make the difference between tasteless unsalted food and a nice palatable dish. Someone who has leaned heavily on salt for seasoning will usually find after a month without salt that he is detecting rare flavors in foods which he had previously drowned in salt. And those who stick to their restrictions in the use of salt testify that the day does come when salted food no longer tastes good.

APPLICATION FOR APPROVAL OF BLUE CROSS HAS BEEN MADE BY NEW HOSPITAL

The new hospital has put in to be approved by the Blue Cross Hospitalization Plan. It was asked that it be retroactive to the very opening, so as to take care of a case or two.

There is no doubt that the new hospital will be approved by the organization. A lot of Sterling citizens joined the Blue Cross Plan two years back under a community wide set-up here, when the Lions Club sponsored it.

Facing north, the new county hospital "has its back turned" to the highway traffic. It is one block off the highway across from the roadside park.



MRS. VAL MELVIN, Administrator

Mrs. Val Melvin, formerly with the Ozona Hospital is the administrator of the Sterling County hospital. She was appointed by the hospital board several months back and has been on the job since.

The administrator is a laboratory technician and holds offices in the state and national technicians associations.

Mrs. Melvin was with Dr. Henry Turner in Oklahoma City before she went to Ozona.

For wedding invitations, announcements, at-home cards, etc., see the local News-Record shop.

The Texas Co.
Petroleum and Its Products
R. P. BROWN
Consignee
Phone 157 Res. Ph. 84

FOR SALE—Dinette suite, extension table, 4 chairs, buffet. An \$85 suite for \$30. Call 3003. 2tp

Young men wanted—No experience needed. You don't need job experience to get ahead fast in today's U.S. Army and Air Force. You can build an exciting, satisfying career with travel and adventure unlimited. Continue your education on the job. You'll **earn** while you learn. Good pay, excellent retirement plan. See M-Sgt Tom Bunch, your U.S. Army and Air Force Recruiting Sergeant today! 301 Scurry St. Big Spring, Texas. Phone 1666. 1tp

As for the unsigned letters going out into the community supposedly from the pastor. I did not write such letters. If you or your friend received one, please get in touch with me.
Signed C. D. McEntire. 3tp

FOR Delicious home made pies and cakes, call Mrs. Wheeler at 8702. 1tp

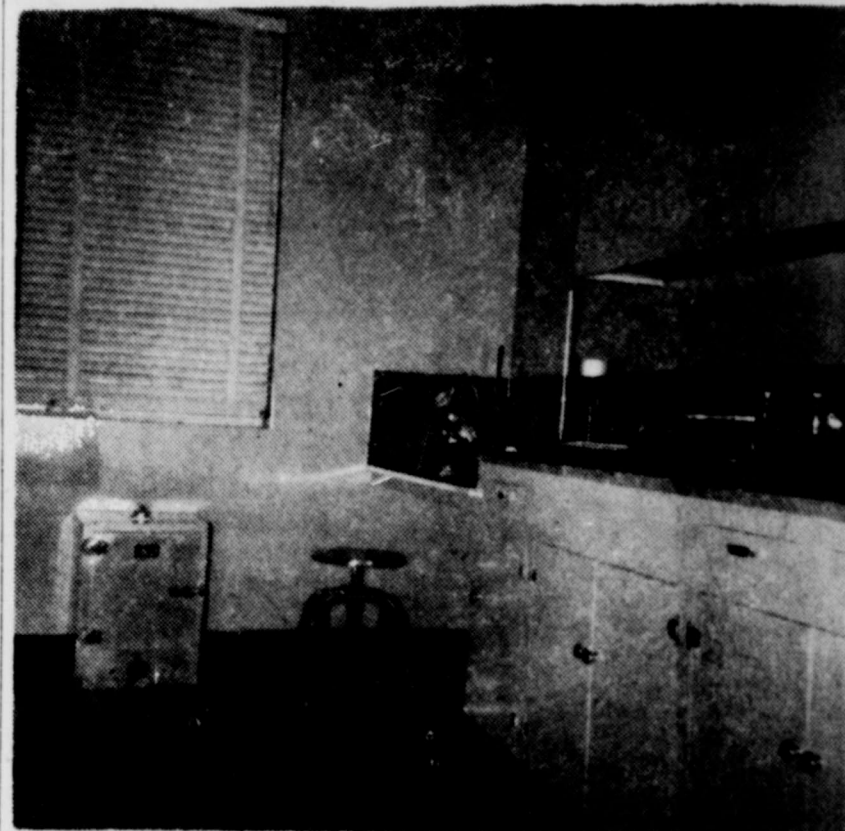
FOR RENT—3 furnished apartments. See T. H. Murrel or phone 165. 2tp

Visiting the H. L. Hildebrands last week-end were Mrs. F. H. Duff, and Mrs. L.P. Fowler and son Allen, all of Dallas.

Twin Heating Units

There are twin heating units at the new hospital. There are in use alternately, to keep them in shape. Should one get out-of-fix, the other unit may be used, thus giving extra protection on that score.

One block off the highway to the right of Highway 87 on entering town from the east, the new hospital is seen by all passers-through.



MODERN LABORATORY ROOM

We're Glad

FOR OUR CITIZENS

That Now We All Can Receive Hospital and Medical Care, Along with Laboratory Tests, Right at Home

Sterling Motor Co.



**The New
County Hospital**

Is One of The
Finest Improvements That Has Ever
Come To Sterling County

**Ted Brown's Gulf
Service Station**



We Join With All

**Sterling County
Citizens**

In Our Pride for

The New

Sterling Hospital

Long a Need, Now a Reality, We Join With
Our Hope for Success in the New Institution.



BAILEY BROS.
The Men's Store

Moving Forward

The fine new County Hospital is another progressive step in building up Sterling County. It is outstanding and we are happy to have it in operation.

Garrett & Bailey