

The Jayton



Chronicle



Vol. 51 - Nov. 43

ENTERED AS SECOND CLASS MATTER

JAYTON, KENT COUNTY TEXAS 79528

Thursday, December 5, 1974

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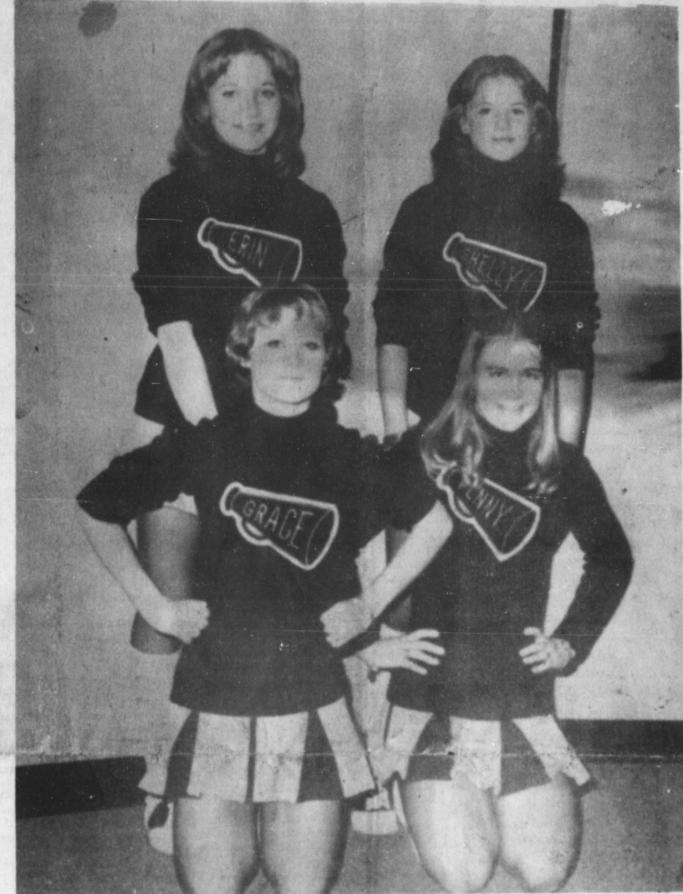
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Manure at 10 tons per acre can produce yields of sorghum, corn silage and wheat comparable to those obtained from recommended commercial fertilizer, contends an agricultural engineer for the Texas Agricultural Extension Service. Fertilizing with feedlot manure in the Texas High Plains can mean a savings of about \$17 per acre where the haul distance is not more than 10 miles. Use of manure for crop production is especially important due to the shortage of commercial fertilizer and the resulting high prices.

Christmas Program Thurs. Dec. 12th

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decorating foods for gifts, and her recipes will be given to all who attend. She will show electrical decorations for the

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The World Food Problems To Add To Bankers Agenda

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Theme of the meeting is 'Managing for Profit in f975". Problems related to See page 3, please from page 1.....

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"In view of fertilizer shortages, restricted use of pesticides and skyrocketing maintenance costs, this program should be of special interest of all concerned with turf management." points out Duble.

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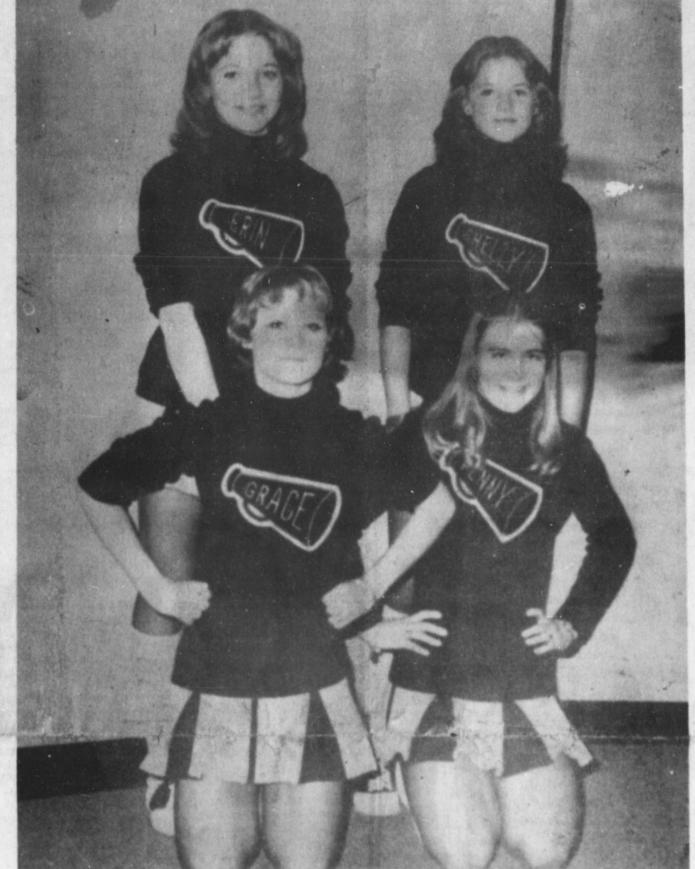
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Mother's Christmas Cake

2 pounds dates 4 cups pecan halves 1 teaspoon vanilla 1 cup floer 1 cup sugar 2 teaspoons baking powder 1 teaspoon salt 4 eggs

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work in stiffly beaten egg paper from top of pans during whites to which vanilla has last 15 minutes of baking.

been added. Let stand for 30 minutes and mix again. Line two 1-pound loaf bread pans with waxed paper. Cut to fit pan and extend 1 inch above top of pan. Grease paper. Pack batter tightly into pans, filling each about one-half full. Cover Sift dry ingredients together top of the pans with waxed three times, sifting over fruit paper and place pan of water and nut mixture the last time. in oven. Bake at 250 degrees Add beaten egg yolks. Fold or F. for 2 hours. Remove waxed

White Fruit Cake

1 cup butter of margarine 3 cups sugar 4 cups flour 1 cup milk 3 teaspoon baking powder 8 egg whites, well beaten 1 medium coconut, grated 1/2 pound candied pineapple 1 pound citron or drained

watermelon rind preserves 1 pound candied cherries 4 cups pecans I cup almonds, blanched

ally and beat until well baking.

blended and light. Sift flour, measure and combine with baking powder. Add flour and milk alternately to the mixture, beginning and ending with flour. Add fruits and

Grease two 1-pound bread pans. Line with brown paper paper. Pack batter firmly into Leave cherries and pecans pans with hands. Cover top whole. Chop almonds. Cut with waxed paper and place candied fruit into inch cubes. pan of water in oven under 51/2 cup fluted ring molds or 1 Grate fresh coconut. Combine cake. Bake at 250 degrees F. lb. vegetable cans. Loaf pans fruits and nuts and sprinkle for about 2 hours. Remove with flour. Cream butter or waxed paper from top of cake margarine; add sugar gradu- during the last 15 minutes of

Cream butter, sugar and

eggs until light. Sift dry

ingredients together. Add to

creamed mixture alternating

with buttermilk to which the

baking soda has been added.

Fold in remaining ingredients.

Bake in two 9x5x3 greased and

floured loaf pans or 1 large

tube pan, greased and floured.

at 325 degrees for 11/2 hours.

Cool in pan 15 minutes before

Slowly heat milk, marsh-

move from heat and combine

with other ingredients. Mix

well and press firmly in a tube

German Fruit Cake

4 eggs 3 cups flour 1 cup buttermilk 2-3 cup apricot preserves 2-3 cups pineapple preserves 1 cup chopped pecans I tsp. vanilla

14 cup butter

2 cups sugar

1/2 tsp. allspice 1/2 tsp. cinnamon 1/2 tsp. nutmeg 1/4 tsp. baking soda 2-3 cup cherry preserves

Fruit Cake **Favorite**

43 cup evaporated milk 2 cups miniature marshmallows

6 Tbsp. frozen orange juice until marshmallows melt. Reconcentrate I cup chopped dates I cup raisins

I cup walnuts or pecans I cup candied mixed fruit I cup candied cherries 4 cups graham cracker crumbs

1 tsp. cinnamon 1 tsp. nutmeg

tightly and chill for 2 days or longer. Makes 3 pounds andkeeps well.

removing.

1/2 tsp. cloves

Magic Fruit Cake

I pound candied cherries I pound candied pineapple I pound pitted dates 1 pound shelled pecans (4

cups) I can sweetened condensed milk

1 4-ounce package dry coconut Cut up the fruit, and chop

pecans coarsely. Combine with milk and coconut, mixing with your hands. Pack into waxed paper-lined pans. Bake I hour

CARE AFTER BAKING AND WRAPPING FOR STORAGE

After the cake is removed from the oven, cool thoroughly in the paper in which it was baked. Then wrap securely in a second layer of heavy waxed paper or moisture and vapor proof packaging materials

minutes if baked in stem cake ing. pan. Bake about 45 minutes in small molds.

the paper and let cake cool on patients with coronary artery

Wrap cakes in aluminum foil and store.

foil, or laminated wrapping paper, and store in a tightly covered container in a cool

Fruit cakes generally are considered best after 1 to 3 months storage.

Open dating of perishable food doesn't guarantee quality

1 tsp. soda

6 cups sifted flour

1 nutmeg, grated, or 3 tsp. grated nutmeg

CHRISTMAS CIDER CAKE

1 cup butter or margarine

3 cups sugar 4 eggs, beaten

1 cup apple cider

1 jar (8oz.) maraschino cher-

ries, chopped and very well

2 cups chopped walnuts

Sift together flour, soda, salt and nutmeg. Cream butter or margarine thoroughly. Add sugar gradually and continue creaming until light and fluffy. Add eggs, beating nuts. Fold in stiffly beaten egg well. Beginning and ending with dry ingredients, add sifted dry ingredients to cut to fit pans and extend 1 creamed mixture alternately inch above pans. Grease with cider. Fold in cherries

> Spoon into 7-inch loaf pans. and molds should be greased. cans greased and floured. Bake in moderate oven, 325 degrees, approximately 55 minutes for loaves, 50 minutes for molds and 55 to 60 minutes for cans. Remove from oven and let cool 5 minutes. Remove from pans and spoon hot glaze over cakes until all is absorbed.

Note: One recipe makes two 7 inch loaves, one 51/2 cup mold and one vegetable can. Batter may be baked in 10-inch tube pan or two 9x5x3 inch loaf pans. Bake at 350 degrees approximately 11/4 hours or until pick inserted in center comes out clean and cake pulls from sides of pan.

mallows and orange juice. Stir Cider glaze: Combine 1 cup sugar and 1/2 cup cider in small saucepan. Bring to boil over medium heat stirring or loaf pan which has been until sugar is dissolved. Boil lined with waxed paper. Cover about 2 minutes. Spoon hot glaze over hot cake.

FRUIT CAKES IN THE FREEZER

Well wrapped fruit cakes can be kept in the freezer for a year. When ready to use. remove the cake from the for loaf size cake at 300 freezer and thaw.

degrees F, for 1 hour 15 Do not unwrap while thaw-

The Low Carbohydrate. High Protein, and High Fat Remove cake from the cholesterol levels in the blood. Diet has been shown to raise oven, turn out of pan. Peel off This fad diet is dangerous to disease. Mrs. Mary Sweeten. foods and nutrition specialist. Texas Agricultural Extension Service, The Texas A&M such a cellophane, aluminum University System, warns.

> or wholesomeness - only proper handling and storage from the processor to the dinner table will do that. Mrs. Gwendolyne Clyatt, consumer marketing information specialist with the Texas Agricultural Extension Service, The Texas A&M University System,

The Jayton Chronicle

Box 237, Jayton, Texas 79528, 806/237-3593 Afton E. Richards Publisher Opal M. Richards Editor Published at Jayton, Texas, weekly. Endered as Second

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How stupid can you get? matter that much? You know I am one of the many who looked upon the annual bowl games, with complete innocence. It ! never even dawned on me but what they were exactly what meets the eve. Each of the football bowls has a committee to pick the

teams that play in them. They look at all the good teams, then make their offers to the teams they want, and they accept, or they reject the invitation, and then the committee moves on to someone else. The top teams, who would like to get a bowl bid, sit with anxiety, hoping they will get an invitation.

Sure, that is the way it would appear by reading the daily papers. This I really believed, until the past month but I repeat, how stupid can you get?

Anyone with an ounce of brains, who realizes that football is a big business. would know better. Anyone with a thimble full of thinking would know it is just not that simple

The well guarded secret of how teams get invited to bowl games came out in the open this last week, when the details of how Tech got invited to the Peach bowl accidently leaked out to the public. They simply bought their way into the bowl.

This explains the matter that I have often wondered about, and this is how teams like Texas Tech, with just mediocre records get invited to bowls, and how many teams with much better records do not get invited. They buy their ways.

One day last week it became public knowledge that in order for Tech to get the Peach Bowl bid, it was agreed that Tech would be responsible for the sale of 6000 tickets--or in cash the sum of about \$45,000,00. An aroused cheap anymore. group of sports fans in Lubbock thought this was find out who put the OK on this deal.

Well, actually, I am sure, and just about everyone else is sure, that everyone who was involved at Tech--Coach Carlen. Coach King. Polk V. P. Glen Barnett, and all. each knew who made this commitment--but they decided not to make it public.

The student staff of the University tried very hard to get the answer--but it was not forthcoming.

College AD J T King. admitted he knew all about it--but he said it was not his job to make it public. I think he was the only one in the whole bunch that was completely honest about it. Others gave them the run around. and suggested they didn't really know the answer.

But Coach Carlen admitted. that early he had contacted the Peach Bowl officials, and made the pitch with them for Tech to get an invitation. And who would suggest.

that the 6000 ticket deal was fertilize one acre of land with not put to him, and he okayed commercial fertilizer while the it in the very first conversa- cost of fertilizing the same Really, I don't know why it is so important to the people the haul distance is 10 miles.

information? Why does it

But from now on, we simple people who always looked on the idea of a team getting a bowl bid, as simply that--they were invited to go to the bowl--we will know that the real deal was worked out by the money people, and the team was invited that the bowl people thought would be the best money deal for them.

But really, why is that so bad--when the whole name of the game is money anyway.

The real sad thing about it all, is that the kids who are used and dealt around like pawns in a chess game, are just college kids who are good athletes, and are amateurs, and are playing mostly for fun--and to get a college education.

If anyone ever had the idea that college football is a game of the amateurs, then they have another guess coming.

The kids are the only amateurs around.

The last time I checked up the football coaches at Tech. including Robinson, King. Carlen and on down were December quarter indicate drawing down about a fourth one of the smallest fall tomaof a million dollars a year in to crops ever planted in the

spend that much money on tomatoes were planted. oaching staff, including the people to make the schedules, and the finances of the game-then why fuss over a meazley 45,000 dollars? What effect does this have on the finances of the sport, when it runs well into the

Actually no one connected with the University who is burned like that, you think used to looking at the real twice before planting again." financial figures of the footit anyway-its the little far. looking at those 6000 tickets at \$7.50 each.

Senior centers are on the ridiculous, and tried in vain to increase. In 1970, the second directory of senior centers in the United States listed more than 1.200- compared with 340 in 1966, according to Mrs. Vivian H. Blair, family life said, education specialist - aging with the Texas Agricultural Robinson, Pres. Murray. Exec. Extension Service. The Texas A&M University System.

silage and wheat as commer-

Agricultural Extension Ser-

Comparable vields were

produced in the Texas High

Plains with 10 tons of manure

per acre and recommended

amount of land with feedlot

manure is about \$23 where

from the two acres, fertilizing

with feedlot manure saves

'It costs about \$40 to

fertilizer applications.

at Tech to withhold this Assuming the same yields

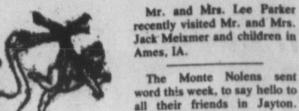
Sweeten, agricultural

Station-Manure about \$17 per acre." says the used as fertilizer will produce Texas A&M University

cial fertilizer and is much cheaper, contends Dr. John about 40 miles.

engineer with the Texas commercial fertilizer and the resulting high prices. the demand for feedlot manure as fertilizer has reached an all-time high. explains Sweeten. "Today Texas feedlots are operating at less than 60 per cent capacity and the demand for manure from crop farmers is exceeding the

Charges for feedlot manure delivered to the field varies among feedlots, but a typical charge is about \$2.25 per ton for a 10-mile haul. Of course. the charge varies with the distance hauled.



growing.

NEW ARRIVAGE

Mr. and Mrs. William Ray Smith of Stratford are the proud parents of a little girl, born Nov. 18 in Coon Memorial hospital at Dalhart. Her name is Christy Lyn.

Grandparents are: Mr. and Mrs. Ralph Brantner Stratford, and Mr. and Mrs. Ray Smith of Jayton.

Great grand parents are Mr. K. P. Brantner of Spur, Mrs. George Branch of Jayton, Mrs. Travis Smith of Jayton.great, great grand mother is Mrs. Lonnie Smith of the Kent County Nursing Home.

Mr. and Mrs. Paul Geeslin are the proud parents of a baby bo/, born Nov. 28. He was named Paul Dakus. He weighed 8 lbs. 2 1/2 oz. and was 20 inches long.

Grandparents are Mr. and Mrs. Mark A. Geeslin of Jayton, and Mr. and Mrs. Elbert (Bunk) Garner of Spur.

He has an Aunt Minette, and Uncle David of Jayton, and an Uncle Bunny of Spur.

Mr. and Mrs. Bill Smith are the parents of a boy born Nov. 19, at the Rotan Hospital. He was named James Lewis and weighed 8lbs. 1 oz.

Grandparents are Mr. and Mrs. Lewis Smith and Mr. and Mrs. Lewis Chunn all of

Valley's Fall Salad Bowl To Shrink

AUSTIN-Fall lettuce and tomatoes are expected to be down in the Lower Rio Grande Valley and South Texas, Agriculture Commissioner John C. White has announced.

White said planting intentions for the October-Valley. Acreage dropped If the University is going to In 1972, 2,200 acres of from 1,000 last year to 700.

Though lettuce plantings increased in the Valley from 800 to 900 acres, statewide harvest is expected to be off.

"Most of the fall-winter crop will be from the Valley this year," White said, "Last year Winter Garden area farmers plowed 500-600 acres under because of low market prices. Once you've been

White said vegetable ball program is fussing about acreage is shrinking each winter in the Valley as produce who is breaking it down and companies and individual farmers diversify. One large company recently went out You gotta think big now to another company. Some of business and one sold out days as they say "nuthin aint vegetable people have gone into sugar cane and there is talk of cotton growers switching to grain.

White said, however, that he anticipates stabilization in vegetable acreage soon, "We will have firms who are strictly vegetable people with no outside concerns," he

Jayton Chronicle 54 in Kent County, \$5 elsewhere.

Manure Fertilizer **Gets Good Results Ag Engineer States**

just as much sorghum, corn System specialist. This indicate a break-even haul distance for manure of

Because of the shortage of

Mr. and Mrs. Lee Parker recently visited Mr. and Mrs. Jack Meixmer and children in

Female teenages approximately \$6 is nually on clothing wear, Claudia Ma sumer education: de textiles specialist Texas Agricultural Service, The Ten Leight and Matt are really **University System**

Dr. John W. Kimble OPTOMFTRIST

In Rolling Plains Association Building a Spur each Tuesday afternoon.



Priced Within the Means of **Every Family**



Tina. 3 yea Frank Gard

Lisa, 16 mc

ary Franc

Jason, 3 y

Herman I

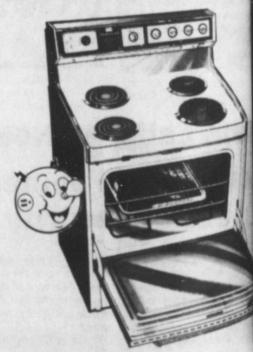
Our tradition throughout the years of serving this sammunity has been to give comfort to those left behind by arranging a beautiful and reverent tribute to the departed. The same consolation is available to all, regard. less of financial expenditure.

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Rotan, Texas

CONSERV AND SAV

ON ELECTRIC COOKIN



★ For best results, use flat bottom utensils with tight fitting covers. Utensils of medium or heavy well aluminum conduct heat faster, transfer heat event and respond quickly to temperature changes.

★ Match the utensil to the size of the unit. Use 8 ind units for large utensils. Use 6 inch units for small to average sized pans.

* Use high setting for a quick start for any surface cooking, or to boil water quickly. When cook temperature is reached, switch to a lower setting

* Do not pre-heat the oven for roasting or broiling but do pre-heat the oven to the temperature gnet in the recipe for baking.



Company Company

Remarkly Roddy supplies the energy but only you

Kent County

Del Van. 5 years



Tina. 3 years old Frank Garcia



Lisa. 16 months Gary France

everent



lason, 3 years



onnie Jr., 8 months Ronnie Breckenridge



Tina, 5 years Louie Hilton

hanges.

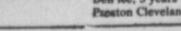
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Ronald Meador



Amanda, 11/2 Years Sandra Smith







Lori, 4 years Bryan, 11/2 years Zachary, 3 weeks Howard Freemyer



Myra, 12 years Melissa, 9 years Michelle, 7 years Olin Cheyne



Kendall, 9 years Christy, 6 years Karina, 3 years Royce Stanaland





Debra, 13 years Donna, 11 years Lewis Smith



Billy, 13 years Vanessa, 9 years

Johnny Fowler



Melissa, 1 year



Janet, 6 years Christy, 2 years William Williams



Roxanne, 6 years Stephen, 2 years Bert Daniels



Bobby, 14 years Brian, 9 years Nolan Grice



Bryan, 9 years Angie, 5 years Dale Butler



Rondall, 3 years Eugene Harris



Laura, 4 years Joe Cheyne

Kailyne, 14 months

Mrs. Marilyn Clark

Darran, 8 years

Clifford Dyer

Tra, 4 years

Robert E. Hall



Kent. 2 years Mrs. Glenda Bradley

Waggoner and Howard Freemyer hunted deer during Thanksgiving.

Mrs. Jim Bolch is in the Stamford hospital. She had surgery Monday morning.

Last week the Lee Parkers visited Mr. and Mrs. Fred Jay of Hamlin, Mrs. Barfoot and Erma of Rotan, Mrs. Opal byton, and Mr. and Mrs. giving holidays.

IT'S A LAUGH!

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"\$4.50 for new distributor, \$49.95 for new

shocks, \$29.95 for new brake linings, \$16.50

for radiator repair and \$225.00 for running over my tool box on the way in."

by Ted Trogdon

Ladies don't forget the luncheon Dec. 10, at 11:45 a.m. at the Jayton Community Center. Bring a salad and a friend.

Mrs. Jimmie Brewer and grandson Ronnie Breckenridge Jr. spent Thanksgiving in Lubbock with Mr. and Mrs. Kevin McCormick. Ronnie also got to see Santa while in Lubbock but report is he liked the Christmas trees better.

Mr. and Mrs. Ronnie Breckenridge and son have moved to Aspermont.

Walker were here visiting the Elbert Walkers during the

Terry English and her cousin, Cindy Terry of Ranger were here for the holidays.

Mr. and Mrs. W.K. Walker with his brother and family. Mr. and Mrs. Elbert Walker.

Evans in Snyder, Mr. and his parents, Mr. and Mrs. Mrs. Benard Parker in Cros- John Cheyne during Thanks-

Bankers...

fiscal and monetary policies and their effect on agricultural credit, outlook for production costs and market potentials for West Texas commodities. and recent developments in the export market demand for West Texas agricultural products will be reviewed.

Derr will speak at a 7 p.m. banquet meeting Dec. following registration from 5 Mr., and Mrs. Arden Lee to 7 p.m. Anderson will speak at 8:45 a.m. Dec. 7. AIL sessions will be held in the University Center on the Texas Tech campus

Other speakers include Joseph D. Henderson, of Spur spent Thanksgiving president of the United Missouri Bank of Kansas City on "How a Banker Looks at Dennis Cheyne was visiting Hedging" at 9:30 a.m. Dec. 7; of the Texas Bankers Association and president of the Plainview, on "Banker's Responsibilities" at a luncheon Dec. 7.

A panel on the outlook for cotton, grains and livestock in 1975 is scheduled for 11 a.m. Dec. 7. Panelists include Texas Tech professors James Osborn, discussion leader, and Billy Freeman, Rex Kennedy and Willard Williams. All are in the Department of Agricultural Econo-

The final session calls for a summary and conclusions by Richard Crawley, president of the conference. He is presi dent of the First National Bank, Lamesa.

Officers, other than Crawley, are Don Beasley of Amarillo, vice president, and Woody Allen of Plainview, secretary-treasurer.

Directors are Elwood Freeman of Lamesa, Kenneth Irwin of Gruver, Ed McElroy of Dimmitt, Gene McLaughlin of Ralls, Don Workman of Lubbock and John Wright of

FEEDLOT ODOR CONTROL-Feedlots will eventually have to control odors, but first some means must be found to measure these odors, contends a agricultural engineer in waste management with the Texas Agricultural Extension Service. A reliable method of odor measurement would enable air pollution control agencies to establish odor eriteria. Through odor seasurement, the actual need for an odor control program could be determined

IT NEVER FAILS



Renee, Deloris and Gerald Murrell were all in for Thanksgiving with their par-J.B. Wheeler, vice president ents, Mr. and Mrs. J.E. Murrell.

Bobette Hamilton was home Hale County State Bank, for the holidays visiting her parents, Mr. and Mrs. Thomas Smith.

Terry Favor was having Thanksgiving with his parents. Mr. and Mrs. Joe Favor.

NaRae Gallagher was home for the holidays with her parents, Mr. and Mrs. Buddy Gallagher.

Tommy Wilson was visiting in Jayton Monday.

Mr. and Mrs. Lee Parker went to Alvin recently to visit Mr. and Mrs. Clyde Haddick, Athena, Camella, and Monty. Tommy and Billy Parker were in for the holidays.

Mr. and Mrs. Robert Harper and children of Midland spent the holidays with her parents, Mr. and Mrs. Odell Harrison and brother, Roy.

Kim Nichols was home for the holidays with his parents. Mr. and Mrs. Pike Nichols.

Mr. and Mrs. Bill Harrison went to Ralls for Thanksgiving supper with the Don Bolands and family.

Mr. and Mrs. Billy Gene Harrison and family were visiting in Jayton last week.

Mrs. Ann Paul of Willspoint was here for the holidays visiting the R.G. Goodalls and Mr. Smith.

Mr. and Mrs. Floyd Hall, Leella and Randy visited the Nevil Smiths in Dallas and Cap and Nobel Herman in Sulphur Springs during Thanksgiving.

Miss Cookie Martin visited her home town of Texas City over the holidays.

Mr. and Mrs. Tobye Martin and sons of Snyder spent Thanksgiving with mother, Mrs. Barney Mur-

Dana Hahn of Texas A&M and Mr. and Mrs. Robert Sadler of Big Springs were Abilene. visiting the Norma Hahns during the holidays.

Coach Cox and family were visiting in Sweetwater and Merkel during the holidays.

Mr. and Mrs. Billy L. Wilson went to Amarillo during the Holidays to visit

Mr. and Mrs. Tommy Gibson

Mrs. Roy B. Hart is in the

Dr. O. R. Cloude

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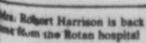
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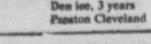
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complete line for you to see.

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Sat. Dec. 7th 9 to 5. Furniture, books, antiques, glass ware, wooden barrel, child's desk, chairs, lamps, drapes and toys. 43-1tc. Carroll Johnson house

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Far-sighted little critters. Come fall they start storing up for the winter ahead. Get the habit too, and start putting some of your earnings away now for the future.

KENT COUNTY STATE BANK



PERSONALS

THANK YOU NOTE

Walker. 43-1tp

hale of cotton.

Mr. and Mrs. Leo Ruckles We want to thank you for and Mr. and Mrs. L. c. Beaty the premiums for the first returned Friday from a two week visit with their children Minnie Lea and Elbert in Ft. Walton Beach, Fla. and Ft. Worth, Tex.

--Ovo-lacto vegetarian: ex-

-- Lacto-vegetarian: excludes

"The ovo-lacto and lacto-

vegetarian diets can be nutri-

tionally acceptable. But the

strict vegetarian diet is dan-

gerous and not recommended

for long periods of time," she

cludes meat, fish and poultry,

but includes eggs and dairy

meat, poultry, fish and eggs,

but includes dairy products.

Check Nutrition In Vegetable Diets Is Advised

COLLEGE STATION -- Veg- and iodine. etarian diets--no meat, poultry or fish--have risen in popularity recently. But the major Gravel and stucco or concern in planning a vegetarian diet is to insure that the protein quality is adequate, according to one nutritionist.

"Getting enough protein is usually not a problem since the average adult requires only about 46-56 grams of protein each day," Mrs. Mary Sweeten, foods and nutrition specialist with the Texas Agriultural Extension Service, The Texas A&M University System, said this week.

"Although foods of vegetable origin contain some protein, they do not have the variety of the important amino acids that animal proteins do.

"To obtain a good balance of amino acids and to improve the quality of vegetable proteins, animal and vegetable proteins should be combined," Mrs. Sweeten explained. She suggested making corn

tortillas with cheese, cereal with milk and macaroni with cheese. Also, vegetable protein combinations of beans with corn or rice and peanuts with wheat improve the quality of the proteins.

These do not have to be made in one dish, but should be consumed at the same meal, she continued.

Those interested in planning vegetarian diet have three kinds to consider, according to this nutritionist.

.. Pure, or strict, vegetarian: excludes all foods of animal origin, such as meat. eggs and dairy products.

This diet severely limits the nutrients found in the meat and milk groups. Vitamin B-12 found only in meat, fish, eggs and dairy products, and the strict vegetarian will miss this important nutrient unless supplements are made," she

She also pointed out that the strict vegetarian diet may be deficient in calcium, riboflavin

Sugar Soars As Demand Strains Stock

AUSTIN-Short supplies nd strong demand have strained existing world sugar stocks, shattering international prices and raising a five-pound bag in the United States from 80 cents last year to \$2,50-83.

According to Agriculture Commissioner John C. White, the huge jump in price is based partially on a slowdown in world production in the face of inconsistent earning records and a faster growing demand or other crops.

Attracted by high grain ices, many sugar producers. have converted existing creage to other crops.

In the U.S., production is expected to decline from 19" Vs 5.9 million tons. despite production mergases. some parts of the country. White reported that an anticipated 346,000 ton increase in Texas' sugar cane crop will offset a 20,000 ton decrease in the state's

sugarbeet yield. Nationally, sugar cane production is projected at 25.3 million tons, a two percent decrease from 1973, Sugarbeet yields will decline more than 2 million tons.

World production is estimated at 89.4 million ons raw value, a record but at least 2 million tons below earlier predictions.

As urban populations and menmes increase, sugar onsumption also increases



Nursing Home News

Mr. and Mrs. Macey Fuqua and family visited A. M.

Mr. Fannie Mae Fuqua visited her husband A. N. and Mrs. Vernon

Darden of Hereford visited in the home Nov. 29th. Mr. and Mrs. M. K. McCarty of Lubbock visited Mrs. Loe Nov. 29.

Mr. and Mrs. Elbert Walker visited in the home. Mrs. R.L. Grice visited Rube Crice. Also visiting him were Mrs. Effie Eisner, Mrs. Rose Owens, Mr. and Mrs. Nolan Grice, Brian, A.

N. Fuqua, and Rube Grice.

Mr. and Mrs. Edward M. Steph, the Church of Christ minister visited in the home.

College Station -- The most important skill that children learn is "how to learn," one family life education specialist noted this week.

She's Dr. Jennie Kitching, with the Texas Agricultural Extension Service, The Texas A&M University System.

"Unless children develop the art of problem solvingwhether by intuition or by analytical logic--their minds will remain greatly unused. They will be less able to cope with the world around them,'

But too often adults only give children answers to remember, rather than problems to solve. This is a mistake, she contended.

"The world, society and knowledge are changing daily. Adults--parents, caregivers and teachers-cannot provide all the specific answers children need to prepare them for their adult roles.

"But children who have learned to think and solve problems will be able as adults to find their own answers," she advised.

GIFTS FOR AN OLD - FASHIONED 2 FARM & RANCH

Christmas in the country conjures up the tables laden with home-grown foods fresh from an wood-burning stove. Steaming meat and poultry disan array of delicious dairy products!

While it isn't possible to bring back the past still enjoy the foods that made Christmas in the such a delightful experience.

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RECOG

And you can give this treat for that someo on your Christmas list. Just go to your favorite store and ask for a gift certificate redeemable in poultry and dairy products.

Or, if you'd prefer to give by check or money come by our office and pick up a supply of envelopes and message cards.



Phone 817-989-2644

Stonewall County Farm Bureau

ATTEND CHURCH THIS SUNDAY

CHURCH OF CHRIST

Jayton, Texas Virgil Yoachum, Minister Sunday School, 10 a.m. Morning Service, 11 a.m. Evening Service, 6 p.m. Wed. Prayer Meeting, 7:30

CHURCH OF CHRIST Girard, Texas

Abe Martin, Minister Morning Service, 10 a.m. Evening Service, 6 p.m. Wednesday Evening Bible Classes. 7 p.m.

FIRST ASSEMBLY OF GOD CHURCH

Jayton, Texas Rev. G. B. Jones, Pastor Sunday School, 9:45 a.m. Morning Worship, 11 a.m. Youth Meeting, 6 p.m. Evening Worship, 7 p.m. Wed. Prayer Meeting 8 p.m.

FIRST UNITED METHODIST CHURCH

Jayton, Texas Rev. Bill Perkins, Pastor Church School, 10:00 a.m. Morning Worship, 10:50 a.m. Exening Worship, 7:00 p.m. Wednesday Bible Study. 8:00 p.m.

Youth and Children Bible Study 8:00 p.m.

CATHOLIC CHURCH of the EPIPHANY Mass ":30 Saturday Eve. Rev. Larry Hemp

FIRST BAPTIST CHURCH

Jayton, Texas. Tructt Kuenstler, Pastor Sunday School, 10 a.m. Morning Worship, 11 a.m. Training Union, tep.m. Exening Worship, "p.m. Wed. Prayer Meeting. Choir Practice, 530 p.m.

Guy Arney Welding

Bill Williams Service

and Supply

Thos. Fowler Agency

Goodall FORD Sales

[This Space for Sale]

H & M Dept. Store

Jayton Co-op Gin

Jackson' Garage

The Teen Scene

Spot Grocery





9, 9-13 Wednesday Acts 12, 23-26

Thursday Romans 1, 9-16 Friday

II Corinthians 4. 1-4 Saturday Galatians

Most of us have felt the pangs of loneliness in the midst of a crowd. Surrounded by people, we couldn't escape that feeling of utter desolation. It may engulf us in a busy department store, a crowded supermarket, a jam-packed subway, but suddenly it strikes . . . this feel-

picture. He must be wondering if he will

ever get his shopping done. Even with

his back to us he looks confused and be-

our burdens. When our hearts cry out for assurance that somebody cares, we can always turn to the truth and love revealed by the Holy Word of God: "Lo. I am with you alway."

ing that no one cares about us or about

At the heart of the universe there are great resources of strength. Discover them for yourself by worshipping each week in the church of your choice.

Jayton Cafe Kent County Lumber and Supply Kent Co. State Bank **Robert Hall Chevrolet** Cheyne Welding Shop Moore Supply and Western Auto

Jayton 66 Service and Supply The Jayton Chronicle



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