





# Candidates selected for FHA Sweetheart contest

Final preparations for the Future Homemakers of America (FHA) Sweetheart contest are beginning as almost every club, class, and organization has nominated their candidates. Candidates for the clubs they will represent are: Senior Class, Lesa Haley; Junior Class, Kathy Manuel; Sophomore Class, Cindy Kirkpatrick; Freshman Class, Kerri Pool. Band, Patricia Bilberry; Choir, Karen Williams; Paper Staff, Tiana Shiver; Photography Club, Vickie Darling; Drama Club, Nan Hair; National Honor Society, Kim Mitchell; Future Farmers of America Chapter, Donna Joyce; Greenhand Chapter, Karla Duren; Football, Jennifer Miller; Boys Basketball, Kim Lott; Girls Basketball, Jodine Tipton; and Student Council, Hope Johnson.

Booster Club, Shirley Hambrick; Science and Math Club, Lisa Cowdrey; Annual Staff, Janyce McDonald; Fellowship of Christian Athletes, Patricia Posey and Vocational Office Education, Pam Carpenter.

Edward Price, a senior at PHS has been elected as the FHA Beau. The Sweetheart contest will be held Saturday night, Feb. 14, in the primary auditorium.

# Antelope Tracks

News from Post High School  
By EDITOR NAN HAIR

Page 3 The Post (Tex.) Dispatch Thursday, Jan. 29, 1976



# Cast is selected for Junior class play

Junior class sponsors, Miss Christine Morris, and Mrs. N. R. King, held tryouts last week for parts in the annual junior class play. Members of the cast are Mom, Darlene Gunn; Lucy, Tiana Shiver; Sheila, Kim Lott; Winnie, Donna Ammons; Gerl, Nelda Leake; Ada, Christie Conner; Bing, Mark Kirkpatrick; Pudge, Ken Forbes; Julia, Amy Cowdrey; Elsie, Vickie Gannon; and Elwood, Mark Short.

Cal, Dan Sawyer; Mrs. Trainer, Nancy Gandy; Don, J. O. Cummings; Miss Fanshaw, Hope Johnson; Freshman, Rodney Owen; Sandra Bostick; Butch Pierce; Curita Wood; Seniors, Wade McDougale, Perry Rogers, Randall Wyatt, Charlotte Medlin, Carolyn Strawn, and Jimmy Dorland.

The play entitled, "Meet Me at the Prom" is a story centered around a typical high school. The students are involved in preparations for the Senior Class Thanksgiving Prom and the football game with the rival team.

The intermingling plots concern a budding romance, scheming and coniving rivalry

# Senior class takes tests

The senior class of PHS was given an opportunity to take the Armed Services Vocational Aptitude Test Thursday, Jan. 22. Giving the test were representatives of the branches of the armed forces: Navy, Army, Air Force and Marines. The tests were given from 8:45 until 11:30 and included questions concerning such subjects as math, vocabulary, and electronics. Even though the testing session was somewhat long, the students seemed to enjoy taking them.

Coch Lane Tannehill, counselor for PHS, seemed confident that all of the students did extremely well. Results of the tests should be returned to the students later on this year.

# Lesla Haley is senior nominee

Lesla Haley, PHS senior will represent her class in the FHA Sweetheart Contest. Lesa who is active in PHS was elected during a meeting of the senior class held Jan. 29.

Also during the meeting president Kim Mitchell led a debate as to where the class would go for their annual "Senior Trip." The class elected to go to "Six Flags Over Texas."

Miss Lewallen and Mrs. Walker, class sponsors also informed the students that the time was drawing near when preparations will need to begin for the senior play.

# Shooting the Breeze

By NAN HAIR

Families all over America go through a "pet" fad where the family will attempt to tame everything from the ants in the front yard to the "mul" down the street. Finally somebody has discovered the fun and fulfillment of owning and training a "pet rock." I never realized the advantages of owning a pet rock until last week when Mr. Bud Davis showed me an instruction book which came with a pet rock which a member of his family received for Christmas.

tricks. —  
One of the tricks which can easily be taught to a pet rock is to respond to the command of "down." The book states that is cruel to leave your rock in the sitting position forever. Therefore, it is necessary that you teach it the command, DOWN. After sitting for a long period of time your rock will appreciate the chance to relax. It is also nice, when you have house guests, to own a pet rock that will lie, unobtrusively and lovingly at your feet.

To do this great feat place your foot upon your rock and push it firmly into the carpet or dirt. It won't take long before your rock understands what you want it to do. Praise your rock and give it gentle, reassuring hugs.

The new owner can also obtain health care information for his rock for anything from chips to deep depression known as "rock bottom." The symptoms of the dreaded "rock bottom" are nervousness and an almost unbelievable forgetfulness. All the hours of training will be forgotten. It will be the saddest day of your life. From simple loss of memory it gets worse. So bad in fact, that the book refuses to discuss it. Should your pet rock contract "rock bottom," get a new pet rock immediately. There is no known cure.

Not any rock is a pet rock. Wild rocks found scattered upon the ground in various places can be nothing but a headache. They can be surly, vicious and unpredictable. They are nearly impossible to domesticate and show practically no learning abilities. "Once a wild rock, always a wild rock." A genuine, pedigreed pet rock will make a much more suitable companion.

In closing the booklet reminds the owners of their responsibility to love and care for their new pet. Any pet rock owner should remember; if you take care of your pet rock, your pet rock will take care of you.



SOMBREROS GALORE — Pictured above are several of the third grade students of Post who participated in the study of Mexico which climaxed with an eventful day of activities. Almost all of the students sport some article of authentic Mexican clothing. — (Staff Photo)

# Third grade classes celebrate Mexico

Life and customs in Mexico was the topic of a recent individual study program in the third grade at Post Primary School.

After completing packets concerning Mexico the third graders saluted Mexico in an all day affair Friday, Jan. 23.

The classes watched films, were shown an artifact exhibit, led in dances, treated to a fiesta and guest speaker, and were given a chance to hear a record of authentic Mexican music.

The guest speaker was Egnacio Varela, who was born and lived in Mexico most of his childhood but who has been a United States citizen for some years.

The recorded Mexican music was furnished by Benny Valdez of Post, who sang the music on the record.

All the students and teachers dressed in a variety of Mexican clothing, and enjoyed a fun-filled and exciting day.

# Lunch Menus

The Post schools lunchroom menus for the coming week are as follows:

Monday — Cheese sandwich and soup, carrot sticks, apple cobbler, home made bread, orange juice, half pint milk.

Tuesday — Frito pie, pinto beans, lettuce salad, cake with icing, cornbread, half pint milk.

Wednesday — Oven fried chicken and gravy, green beans, whipped potatoes, jello with fruit, hot rolls, half pint milk.

Thursday — Sloppy Joe, blackeyed peas, mixed greens, pear, home made buns, half pint milk.

Friday — Fish sticks, whole potatoes, cheese sauce, sweet peas, orange cake with icing, hot rolls, catsup, orange juice, half pint milk.

The Post schools sandwich menu for the coming week are as follows:

Monday — Chicken salad sandwich, vegetable soup, butter cookies, apple, orange juice, half pint milk.

Tuesday — Bologna sandwich, celery sticks, butter cookies, orange, half pint milk.

Wednesday — Peanut butter and jelly sandwich, carrot sticks, butter cookies, banana, half pint milk.

Thursday — Tuna sandwich, butter cookies, applesauce, half pint milk.

Friday — Pimiento cheese sandwich, lettuce, tomatoes, butter cookies, pear, orange juice, half pint milk.

# McMurray stage band gives rousing concert

High school, junior high students, and other interested persons, were brought to their feet Tuesday, Jan. 26 in a rousing standing ovation as the McMurray College Stage Band concluded its final number of the hour long concert.

The band which specializes in music ranging from the "bopping" 50's and rockin' 60's to the soulful 70's, is on tour around the state presenting concerts similar to the one given in Post.

Flutes, saxophones, brass and stringed instruments, percussion, and an organ make up the talented band. The music not only got the audience clapping to the beat, but also doing some rhythmic "foot stamping."

Mr. Scott Houston, Antelope band director, was responsible for getting the busy band to stop at Post on its way through. It was definitely one of the most enjoyable concerts presented in Post by a traveling group in some time.

# Cotton prices both up, down

Grower prices were \$2.50 lower to \$2.50 per bale higher the week ending Jan. 23, according to Paul R. Dickson in Charge of the Lubbock Cotton Cladding Office. Farmers sold mixed lots of mostly grades 33, 43, 53, 44 and 54; staples 30 through 32; mikes 3.0 and lower for 39.00 to 42.00 cents per pound. Mixed lots of mostly grades 31, 42 and 52; staples 30 through 32, mikes 2.9 and lower brought 42.00 to 43.50 cents.

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20" Deluxe Mower With Catcher  
With oil dripstick, fuel gauge, catcher, 3 1/2 HP engine  
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20" TOOL CHEST with TOTE TRAY  
Removable tray has large area to hold small parts and tools, plus compartment to keep sockets in order. Deep well holds larger tools. Strong one-piece continuous hinge. Steel with baked-on enamel finish. 20" x 8 1/2" x 7 1/2". 0212/T1920

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Exceptionally low price for an 8-digit pocket calculator with percent key! Floating decimal, automatic constant, chain calculations, AC adaptor optional. 0909/978



## K.T. Loftin undergoes major surgery in Lubbock

By MRS. GLENN DAVIS  
K. T. Loftin underwent major surgery in Methodist Hospital last week. We wish for him a fast recovery.

Mr. and Mrs. E. E. Peel visited Sunday afternoon with Mr. and Mrs. Jimmy Byrd and family.

Sunday guests of Mr. and Mrs. Bryan Maxey were Mr. and Mrs. Don Maxey and Mrs. Dave Oakley and children of Lubbock.

Mr. and Mrs. Glenn Roberts of Lubbock attended both church services Sunday in the Church of Christ.

Joe Barr of the Lubbock Children's Home spent the weekend with Mr. and Mrs. Melvin Williams and David. Afternoon visitors were her sister, Mr. and Mrs. Butch Burkett and family of Brownfield.

Mr. and Mrs. Vernon Lively of Stephenville visited a few days last week in Post with her sisters, Mrs. Pearl Baker and Mrs. Thelma Francis. They all

## Record entries at Fort Worth

FORT WORTH — Record livestock entries in the 1976 Southwestern Exposition and Fat Stock Show will be in competition for the most premium money ever offered by the 80-year-old show.

W. R. Watt Jr., Stock Show general manager, announced this week that entries for the Jan. 30 through Feb. 8 show total 13,561, up from the previous peak of 13,533 established in 1975.

The cattle, horses, sheep, swine, rabbits, pigeons and poultry will be judged for a share of the \$192,753 in premiums.

Spot checking of the entry figures revealed 1,195 breeding cattle entries, up 13 per cent from last year, and 119 carcass cattle, up 12 per cent. The junior and open sheep show increased about 15 per cent with 1,756 head entered.

In 1776 the Mission of San Juan Capistrano was established in California.



## Kids from Charlie's Place To Appear at Fort Worth

The Kids from Charlie's Place will be presenting a Star-Spangled Musical Revue at each of the 20 performances of the Fort Worth Rodeo Jan. 30 through Feb. 8 at Will Rogers Coliseum in Fort Worth.

Praised by critics across the country, the group of 17 young men and women has been called the largest supper club act outside Las Vegas.

Over 500 top cowboys and challengers will be vying for over \$125,000 in rodeo purse money. Contests are set for bareback, saddle bronc, bull riding, calf roping, steer wrestling and the Wild Horse Race.

Rodeo tickets are available at the Coliseum box office or by mail at P. O. Box 150, Fort Worth, Texas 76101.

## Bicentennial program here

Mrs. B. F. Evans was hostess in her home last Friday for the members of the Needlecraft Club and one guest, Mrs. G. N. Hagood of Lubbock.

The program was a Bicentennial tribute to America, Mrs. L. G. Thuet, Sr., read "I Am The Nation" from "The Lone Star," the American Legion Auxiliary magazine. Mrs. Joe Callis told the inspiring story of "America The Beautiful" and how Katharine Lee Bates came to write it.

Roll call was answered with a news item about something good that is happening in America today.

Executing their duties at the business session were the new officers, Mrs. L. G. Thuet, Sr., president, Mrs. Jack Kennedy, secretary-treasurer, and Mrs. Joe Callis, reporter.

Those attending and enjoying refreshments of hot toasted banana bread, pie and coffee were Mmes. W. R. Graeber, L. G. Thuet, Sr., Jack Kennedy, H. R. Richards, Joe Callis, H. J. Dietrich, and Mrs. G. N. Hagood of Lubbock.

## Letters to the Editor

**AGAINST CONSOLIDATION**  
Dear Editor:  
How many of our thoughtful citizens would you believe could think no further than to sign a petition designed to have a thriving business removed from our midst? I have really been surprised at the signatures seen on such a petition. Someone isn't telling it like it is!

Do the voters of this community realize that the Southland Schools have sent more students to state literary competition than any one of their neighbors these past few years? And do they ever ask what schools' students are famous for being our Garza County Spelling Champs and or runners-up? The public should realize that the Southland Schools have many very qualified conscientious teachers who never hesitate to spend more than their working hours helping students with their needs.

Please ask the voters to find out the real issues of this consolidation vote before they get to the polls.

Very sincerely,  
Wynelle Craft

## Today's problems will be program

COLLEGE STATION — The 18th annual conference of the County Judges and Commissioners of Texas will deal with specific issues that are today's problems.

Ambulance service, solid waste disposal and law enforcement are key problem areas to which the county officials will address themselves, points out Charles Lawrence, county officials program specialist for the Texas Agricultural Extension Service and general chairman for the conference.

The conference is set for Feb. 3-5 at the Ramada Inn in College Station, with registration the first afternoon. The official program kicks off at 10 a. m. February 4.

## Gospel singing planned Sunday

Pastor S. J. Bruton of the Assembly of God Church in Post reminds everyone of the Gospel singing that will be held Feb. 1 at the church.

The theme will be "Remember The Old Time Gospel Singing." Everyone is invited to attend and to be prepared to present a song.

## Carol Davis honored with wedding shower

A miscellaneous wedding shower honored Miss Carol Davis, bride-elect of Andy Williams, Thursday, Jan. 22 in the home of Mrs. W. M. Kirkpatrick.

Approximately 120 guests registered between the hours of 7:30 and 9 p. m.

Special guests included the mothers of the engaged couple, Mrs. Lee W. Davis Jr., and Mrs. Curtis Williams, grandmothers, Mrs. Lee Davis Sr., and Mrs. Claude Williams and the bride-elects great-grandmother, Mrs. Sol Davis of Spur. Also sisters of the couple Mrs. Dan Hodges, and Misses Christy, Leanna and Cathy Davis.

Refreshments of coffee, hot

## Cold weather hiking some produce prices

COLLEGE STATION — Some produce prices are "weather-affected" this week as certain crops have suffered cold-weather damage during the past few weeks.

Orange prices are trending upward mostly because of crop damage in California. Mrs. Gwendolyn Clyatt, consumer marketing information specialist, said.

"Produce reflecting good values, however, includes bananas, apples, grapes, tangerines and tangelos. Also, cabbage, carrots, rutabagas, turnips and hard-shell squash.

"Texas grapefruit is plentiful, very tasty — and moderately priced," she added.

At meat counters, fryer chicken prices are low. Mrs. Clyatt reported.

"Egg prices are attractive — with the large-size eggs offering the best value."

Other meat buys at economical price levels include smoked picnics and liver in the pork section — chuck cuts, ground beef, sirloin rib and T-bone steaks, round steak and liver in the beef section.

Lamb is available at moderate prices.

"At dairy counters, cottage cheese and cheese slices are items most frequently on special. Other good values are skim milk, sour cream and mellow cheddar cheese.

"CONSUMER WATCHWORDS: Special prices are now appearing on canned cling peaches, fruit cocktail and pears in many Texas grocery stores.

## New Arrivals

Mr. and Mrs. Don Horton announce the birth of a son, Jarod Heath, born Tuesday, January 20 at 5 p. m. in Garza Memorial Hospital, weighing 7 lbs., 9 1/2 ozs.

Mr. and Mrs. Dan Robertson of Spur announce the birth of a daughter, Dionne, born Thursday, Jan. 22 at 3:09 p. m. in Garza Memorial Hospital weighing 6 lbs., 14 1/2 ozs.

Mr. and Mrs. Steve Hughes of Afton announce the birth of a daughter, born Tuesday, Jan. 27 in Garza Memorial Hospital at 12:46 p. m., weighing 7 lbs., 10 ozs.

Mr. and Mrs. Joe D. Pennell, formerly of Post, are the parents of a baby boy born, Jan. 24 in a Brownwood Hospital. He was named Shan Roy and weighed 7 lbs., 7 ozs. Grandparents are Mr. and Mrs. Tongate of Brownwood and Gladys Tipton of Post.

Henrietta Nichols was notified last week that she is a great aunt, Susan (Blake) Cappabianca and her husband of Brooklyn, New York are the proud parents of a son, Joseph Evans, born Jan. 11, weighing 8 lbs., 2 ozs. Susan's father, Bill Blake is a former resident of Post.

Mr. and Mrs. Jay Clevenger of Andrews are the proud parents of a baby boy born, January 18, at 7:22 p. m. in the Permian General Hospital, in Andrews. The baby was named Johnny Wayne and weighed 7 lbs., 6 ozs., and was 20 inches long. Grandparents are Mr. and Mrs. H. L. Mason, formerly of Post and Mr. and Mrs. Clyde Clevenger of Andrews. Grand-grandparents are Mr. and Mrs. Milton Heister of Post.

## Thursday club to meet again Feb. 5

Mrs. Pearl Wallace was hostess when the Thursday Club met in her home Jan. 22. The afternoon was spent visiting.

Refreshments were served to members, Ada Odeo, Loucille Morris, Viva Davis and the hostess, and one visitor, Mrs. Jewel Parrish.

The club will meet Feb. 5 and the place will be decided later.

## Birthday party for Carol Davis

A rice bag tying lunch and birthday party honored Miss Carol Davis on her 19th birthday Saturday at the home of Mr. and Mrs. Jack Lott.

Hostesses for the occasion were Mmes. Jerri Lott, Patti Kirkpatrick, and Mattie Collier.

Special guests included Mrs. Lee Davis Jr., and Mrs. Curtis Williams, Mrs. Dan Hodges, Christy and Leanna Davis.

Following the lunch a red velvet birthday cake with white frosting was served.

Those present for the occasion were Nancy McCowen, Cindy Kirkpatrick, DiAnna Collier, Patti Parrish, Jenda Gilmore, Christie Conner, Amy Cowdrey, Darlene Gunn, Lorry Chapman, Jodine Tipton, Karen Williams and Kim Lott.

Hostess gift was a peignoir set.

## Sewing club names officers

Maudie Pettigrew was elected president of the Mystic Sewing Club at the regular meeting held Thursday, Jan. 22 in the home of Mrs. Nell Windham.

Other officers elected were Annie Truett, vice president, Allene Hunkles, secretary and Nell Windham, reporter.

Refreshments were served by the hostess to the following members and one guest, Anna Clinesmith, Jimmy Hudman, Winnie Henderson, Henrietta Nichols, Annie Truett, Maudie Pettigrew, Nell Windham and Opal Thaxton.

The next meeting will be January 30 in the home of Anna Clinesmith.

## Focus on Home Economics

By PAULA GAWTHON  
Assistant County Extension Agent

**TIPS TO BEAT INFLATION ON CLOTHING PURCHASES — COLLEGE STATION —** Clever consumerism in clothing shopping is one way to beat inflation and stay in style.

"Increased expenses for necessities such as food, fuel and housing will put increased demands on family budgets and often reduce available resources for clothing expenditures. And that's why consumers have to be clever in taking advantage of clothing bargains."

Consumer tips to meet the family's clothing needs and fashions desires are:

Carefully plan all purchases based on each family member's individual needs.

Choose fashionable colors for new purchases that will coordinate with present wardrobe colors.

Select separates rather than one piece garments. Separates can be coordinated with other items to expand and update the present wardrobe.

Choose multi-purpose and non-seasonal garments rather than limited use or single purpose garments appropriate for only one or two activities.

Use homesewing skills to make rather than buy clothes. Remake or recycle clothes no longer worn but still in good condition.

Use fashionable accessories, less expensive than new clothes, to make items in the present wardrobe.

Be aware of fashion trends and select "classic" trend-setters for the particular season (especially for adult clothing). Avoid expensive and short-lived fads.

To avoid replacement purchases, choose quality fabric and construction for garments that are intended to be worn for several seasons.

Choose less expensive, lower quality for garments that may be short-lived or outgrown before they can be worn out.

Shop for bargains at sales, surplus stores, discount stores, factory outlets or garage sales.

Obtain clothing through exchange programs at schools, neighborhoods and between friends and relatives.

## Merrymakers meet with Mrs. Pettigrew

The Merrymakers club met Tuesday, Jan. 27 in the home of Maudie Pettigrew. The afternoon was spent visiting.

Refreshments were served to the following, Pearl Crisp, Alma Sims, Pearl Storie, Bonnie Adamson, Bonnie McMahon, Sadie Storie, Malinda Malouf, Bertha Printz and one visitor, Alice Parson.

The next meeting will be Feb. 10, in the home of Nora Kiker.

On June 15, 1775, George Washington was selected supreme commander of the Continental Army.

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Sale of Fall and Winter Merchandise  
TERRIFIC BARGAINS ON

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**Only 5 percent boost in is seen in cotton planting**

LUBBOCK — The failure of U. S. farmers to indicate 1976 cotton plantings as high as most had expected doubtless reflects producer disappointment with crops of the last two years, said W. B. Criswell of Idalou, President of Plains Cotton Growers Inc., Lubbock.

U.S.D.A.'s Planting Intentions Report released January 21 revealed producer intentions to plant just over 11.2 million acres to cotton in 1976, up 1.8 million and 16.6 percent from 1975 but far short of the 11.5 to 12.5 million acres which most in the industry were previously forecasting.

"Many in the industry, especially in the merchant sector," Criswell notes, "are still of the opinion that more than 11.2 million acres will be planted in 1976. They base their opinion on fairly good cotton prices on today's market and the depressed state of prices for the major competing crops such as grain sorghum, corn and soybeans."

These price factors will have a major effect on cotton plantings, Criswell agrees, "but human nature being what it is, many farmers will have a hard time forgetting the low yields and low prices of 1974, the low yields of 1975, and the sorry returns from both crops. So while national cotton acreage may in fact come to more than U.S.D.A.'s projected 11.2 million this year, the total may not go nearly as high as some are thinking."

The 25 counties covered by PCG planted an estimated 2.7 million acres to cotton in 1975 and there is general agreement that this figure will go up in 1976. How much the increase may be is a matter of speculation and is much de-

pendent on commodity price relationships and moisture conditions at planting time.

Criswell doesn't think there will be more than a five percent increase over 1975 on the Plains. He reasons that a five percent increase (135,000 acres) would bring the area up to 2,835,000, a little above the 2,825,000 acres planted in 1975, which was the record acreage seen since 1952.

Also, he continues, sunflowers in 1976 again will be competing for available acreage, which was not the case in the big 1973 year. "And, assuming there is no change in the underground moisture situation between now and May, you can expect a 1976 increase in the amount of cotton planted in skip row patterns," the PCG official states, adding that while this may not materially affect production, it will cut down on acreage, especially in "light-water" areas.

Interesting to note is that, aside from 1975 sunflower acreage that could go to cotton in 1976, there is little room for expanding cotton acres in the non-irrigated areas and in areas with only light irrigation. Generally speaking, this area is covered by Crop Reporting District 1-South and adjoining counties, which had about 2,300,000 acres of 1973's 2,700,000 total. District 1-North, where irrigation water is much more plentiful, planting only 400,000 acres to cotton in 1975.

These factors alone, not to mention a number of things that may change between now and planting time, argue strongly against any spectacular surge in cotton acreage on the Plains in 1976," Criswell concludes.

**School pays \$12,500 in suit**

CROSBYTON — The Crosbyton Independent School District has settled a \$264,000 suit by Albert W. Ludwig for \$12,500, according to the Crosbyton Review.

Ludwig, a Brenham resident at the time, alleged discrimination because of age when he was not hired as a teacher for this school year. The suit was filed Sept. 29, 1975.

Ludwig, 57, had inquired about a teaching job in Crosbyton and was told the school trustees had a policy not to hire anybody as a teacher over 55 years of age though retirement age was 65.

Ludwig contended he was entitled to recover unpaid teachers salary for eight years of at least \$104,000, liquidated or punitive damages of \$100,000 and attorney fees of \$60,000.

**REA loan approval for Lyntegar Coop**

WASHINGTON, D. C. — Congressman Omar Burleson announces the approval of a \$968,000 REA loan to the Lyntegar Electric Cooperative Inc., with headquarters at Tahoka, serving Lynn, Burden, Garza, Dawson, Andrews, Gaines, Hockley, Lubbock, Martin, Terry and Yoakum Counties.

The purpose of the loan is to finance service for 491 additional consumers; to finance 20 miles of distribution line; and to finance system improvements, including substating facilities.

**VISIT HALE CENTER**

Mr. and Mrs. Silas Short, Mark and Bill, visited in Hale Center Sunday with their parents, Mr. and Mrs. Bill Short and Mr. and Mrs. A. S. Berry Jr.



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**Chuck Roast** Lb. **78c**

USDA Good Heavy Aged Beef, Boneless

**Chuck Steak** Lb. **\$1.19**

USDA Good Heavy Aged Beef

**Sirloin Steak** Lb. **\$1.29**

Piggly Wiggly, Light **Chunk Tuna**

**3 \$1** Limit 3 Please

6 1/2-oz. Cans

USDA Good Heavy Aged Beef 4th & 7th Rib

**Rib Roast** Lb. **\$1.29**

USDA Good Heavy Aged Beef

**Rib Steak** Lb. **\$1.19**

Chuck Quality, Fresh Lean

**Ground Beef** Lb. **\$1.19**

Lean Meaty Beef

**Short Ribs** Lb. **59c**

**Meat Specials**

USDA Good Calf Family Pack, 5-Lbs. or More

**Round Steak** Lb. **1.19**

USDA Good Calf Family Pack, 5-Lbs. or More

**Sirloin Steak** Lb. **1.19**

USDA Good Calf Family Pack, 5-Lbs. or More

**Rib Steak** Lb. **1.19**

USDA Good Calf Family Pack, 5-Lbs. or More

**Chuck Steak** Lb. **89c**

USDA Good Calf Family Pack, 5-Lbs. or More

**Cube Steak** Lb. **1.49**

**Bacon & Sausage**

Farmer Jones, No. 1 Quality

**Sliced Bacon** Lb. **1.55**

Ranch Style, Bulk

**Sliced Bacon** Lb. **1.45**

Farmer Jones (2-Lb. 2.75)

**Roll Sausage** Lb. **1.39**

Owen's Country (2-Lb. 3.29)

**Sausage** Lb. **1.65**

Eckrich Meat & Serve

**Smoked Sausage** Lb. **1.69**

**Lunch Meats**

Eckrich

**Smorgas Pack** Lb. **\$1.85**

Farmer Jones

**Sliced Bologna** 12-oz. Pkg. **89c**

Farmer Jones

**Meaty Franks** 12-oz. Pkg. **79c**

**Beef Items**

USDA Good Heavy Aged Beef

**Rib Steak** Lb. **1.19**

Boneless

**Stewing Beef** Lb. **1.29**

For Chili, Lean Coarse

**Ground Beef** Lb. **1.19**

USDA Good Heavy Aged Beef, Rump or Bottom

**Round Roast** Lb. **1.69**

USDA Good Heavy Aged Beef, Shoulder

**Arm Roast** Lb. **1.29**

Piggly Wiggly **All Purpose Flour**

**59c**

5-Lb. Bag

All Varieties, Pouches **Light Crust** 6 1/2-oz. Pkg. **\$1.00**

**Bargains from Sunshine**

Sunshine Krispy **Saltine Crackers** 16-oz. Box **49c**

Sunshine **Hi Ho Crackers** 10-oz. Box **59c**

Sunshine **Hydrox Cookies** 1-oz. Pkg. **79c**

Sunshine **Chip A Roos** 14-oz. Pkg. **79c**

Sunshine **Cheez-Its** 10-oz. Pkg. **59c**

Sunshine **Vanilla Wafers** 11-oz. Pkg. **59c**

Betty Crocker, All Layer Varieties

**Cake Mix** 18 1/2-oz. Pkg. **59c**

**Pot Food Sale**

All Varieties, Kai Kan

**Dog Food** 3 14-oz. Cans **\$1**

All Varieties, 9 Lives

**Cat Food** 5 6-oz. Cans **\$1**

**Famous For Quality And Savings**

Piggly Wiggly, Cream Style or Whole Kernel

**Golden Corn** 4 16-oz. Cans **\$1**

Piggly Wiggly, Whole or

**Sliced Potatoes** 4 16-oz. Cans **\$1**

Ranch Style, With Bacon

**Blackeye Peas** 4 15-oz. Cans **\$1**

Piggly Wiggly

**Leaf Spinach** 4 16-oz. Cans **\$1**

Piggly Wiggly, Cut

**Green Beans** 4 16-oz. Cans **\$1**

Golden Best

**Sweet Peas** 4 15 1/2-oz. Cans **\$1**

**Twin Cedars Nursing Home News**

By MICHELLE MASON  
 Congratulations to our direct-  
 of nurses, Terry Horton. She  
 a baby boy.  
 Mrs. Rivers family celebrat-  
 her 72nd birthday.  
 William Odom has transfer-  
 to Slaton Nursing Home. We  
 he enjoys his stay there.  
 Visitors of the week were  
 ra Hambrick, Myre Mathis,  
 ith Clary, Vera Humphries,  
 ver and Nora Carsy, Mr. and  
 s. C. A. Walker, Mary D.  
 lman, Mrs. Doyle Terry,  
 urie Mason, Bobbie Thomp-  
 n, Gerald and Marie Clayton,  
 anor McCrary, Lorene Shep-  
 rd, Mrs. Pat Blacklock,  
 wel Greenfield, Lillie Kit-  
 en, Henrietta Nichols and  
 dona Barnett.

**Phone firm will spend \$150 million 'upgrading'**

SAN ANGELO — General Telephone Company President L. Gray Beck has announced plans to spend \$150 million during 1976 to expand, upgrade and improve telephone facilities and services in its Arkansas, Oklahoma, New Mexico and Texas service areas.  
 Beck said this equates to more than \$150 per customer served by the company.  
 "For the first time since the tremendous growth of the 1960s and technological developments of the 1960s and 70s, we are in a position of not playing catch-up in our service areas," Beck said.  
 "Previous years have seen us spending millions of dollars striving to meet the challenges of growth and technological developments throughout our service areas," he continued.  
 "In 1976 we will spend a major part of our dollars in

expanding, upgrading and im-  
 proving facilities rather than  
 adding major telephone equip-  
 ment centers in high growth  
 areas or making a large  
 number of major conversions to  
 provide more convenient dial-it-  
 yourself services," the tele-  
 phone company president said.  
 Rural projects, including  
 upgrading of multiparty rural  
 service to four-party and  
 rehabilitation of rural facilities,  
 are underway throughout the  
 company, according to Beck.  
 "We expect the areas we  
 serve to continue to grow,"  
 Beck said. "We have projected  
 an increase of over 68,000  
 primary and extension tele-  
 phones during 1976." At year  
 end, the company expects to  
 have over 1.24 million tele-  
 phones in service.  
 Historically, the largest por-  
 tion of the construction budget  
 has been earmarked for local  
 and toll telephone equipment;  
 however, in 1976 the largest  
 single construction budget item  
 is for facilities located outside  
 the central equipment centers.  
 The \$34.1 million budgeted for  
 outside facilities is designated  
 for growth and modernization,  
 including expansion and updat-  
 ing of long distance and  
 extended area service facilities,  
 buried and underground cable  
 and the rural projects.  
 Another portion of the budget  
 is \$27.9 million for local and toll  
 telephone equipment which  
 includes adding or expanding  
 direct distance dialing (DDD)  
 services in 20 exchanges.  
 Beck said at year end, 99 per  
 cent of all customers will have  
 DDD and 66 per cent will have  
 access to direct dialing person  
 to person, credit card, collect  
 and other special service calls.

**DeArmons home from 3 weeks visiting**  
 Mr. and Mrs. Joe DeArmon  
 hae returned home from a  
 three-weeks visit over parts of  
 Texas with their three sons and  
 other relatives.  
 They visited with Billy  
 DeArmon in Fort Worth who is  
 in the process of installing a  
 new Swenson Ice Cream Parlor  
 there. The parlor is one of a  
 chain that is new in the state  
 and features many flavors of  
 ice cream to be enjoyed in  
 old-fashioned surroundings.  
 They spent the weekend in  
 Irving with Charles and in  
 Longview with their other son  
 Larry and with Mr. DeArmons'  
 parents and her mother.

Its 218,000 employees makes  
 the Veterans Administration the  
 third largest federal govern-  
 ment employer.

**Hospital Notes**

Those admitted to Garza Memorial Hospital since Tues-  
 day of last week were  
 Nancy Shaw, obstetrical  
 Terry Horton, obstetrical  
 E. H. Britton, medical  
 Dixie Robertson, obstetrical  
 Maggie Jones, medical  
 Horace Maynard, medical  
 Ben Magnard, accident  
 Alpha Pylant, medical  
 Cipriana Lucio, obstetrical  
 Laura Huges, obstetrical  
 Jason Ford, medical  
 Dismissed  
 E. M. Norman  
 Russel Bauer  
 J. E. Parker  
 Bertie Beard  
 Lew Baker  
 Terry Horton  
 Nancy Shaw  
 Ivy Young  
 Sam Bruton  
 C. N. Chandler  
 Dixie Robertson  
 Ben Naynard  
 Horace Maynard

**Income Tax Service**

Devoting Full Time to Making  
 Tax Returns  
 Office in My Home  
 I recently completed tax course to  
 learn all details of  
 new tax laws.

CALL 495-2627  
 FOR DIRECTIONS TO MY HOME

**W-W INCOME TAX  
 and Bookkeeping Service**  
 WANDA DOOLEY

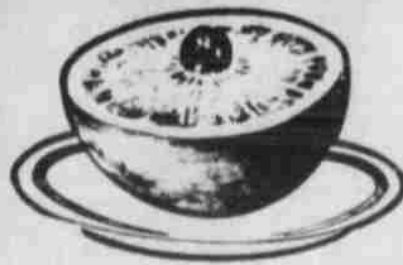
**WIGGLY PLEASIN' STORE**



Tide's In...Dirt's Out

**Tide Detergent**  
**99¢**

49-oz. Box  
 Limit one (1) with purchase of 7.50 or more excluding beer, wine and cigarettes.  
 Piggly Wiggly Fabric Softener 1/2-Gal. Btl. **59¢**



Texasweet  
**Ruby Red Grapefruit** Lb. **19¢**

Zipper Skin <b>Florida Tangerines</b> Lb. <b>39¢</b>	Creamy <b>Calavo Avocados</b> Ea. <b>49¢</b>	Sweet <b>Yellow Onions</b> Lb. <b>23¢</b>	Washington Golden <b>Delicious Apples</b> Lbs. <b>3 \$1</b>
Fresh California <b>Broccoli</b> Crisp Crunchy Hearts <b>Celery</b> Serve With Cheese Sauce <b>Cauliflower</b>	Lb. <b>39¢</b> Lb. <b>45¢</b> Lb. <b>68¢</b>	Golden Ripe <b>Bananas</b> Field Ripened <b>Pears</b>	Lb. <b>22¢</b> Ea. <b>45¢</b>

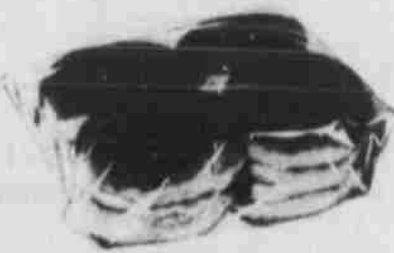
Discover The People And Events That Made Our Nation Great!  
 Twelve Historical Volumes of easy to read stories especially created for all Young Americans. The ideal series for America's Bicentennial. Start Your Set Today!  
 Special Offer!  
 Volume 3 New On Sale! **\$1.99**  
 Volume 1 Still Only **59¢**

**Piggly Wiggly Brand Saves You Money Every Day**

Our everyday low priced Piggly Wiggly brands cost you less than the Nationally Advertised brands. So you dont have to wait for a special sale to save money on them. What's more Piggly Wiggly brands are the highest quality money can buy. All Piggly Wiggly brands are equal to or better than comparable National Brands.

Piggly Wiggly <b>Tea Bags</b> Save 20c Over Lipton (100-Cl.)	100-Cl. Pkg.	<b>\$1.39</b>
Piggly Wiggly <b>Bleach</b> Save 24c Over Clorox (Gal.)	Gal. Btl.	<b>55¢</b>
Piggly Wiggly <b>Vegetable Oil</b> Save 20c Over Crisco (38-oz.)	38-oz. Btl.	<b>\$1.29</b>
Piggly Wiggly <b>Black Pepper</b> Save 20c Over Schilling (4-oz.)	4-oz. Box	<b>49¢</b>
Piggly Wiggly Daytime, Disposable <b>Diapers</b> Save 30c Over Pampers (30-Cl.)	30-Cl. Box	<b>\$1.89</b>
Piggly Wiggly, 30-Gal. <b>Trash Bags</b> Save 30c Over Hefty (30-Gal. 10-Cl.)	10-Cl. Pkg.	<b>89¢</b>
Piggly Wiggly <b>Coffee Creamer</b> Save 26c Over Coffeemate (16-oz.)	16-oz. Jar	<b>\$1.09</b>
Piggly Wiggly, Dry <b>Dog Food</b> Save 44c Over Purina (10-Lb.)	10-Lb. Bag	<b>\$1.99</b>
Piggly Wiggly, Instant Chocolate <b>Drink Mix</b> Save 30c Over Nestle's Quik (2-Lb.)	2-Lb. Box	<b>\$1.69</b>
Piggly Wiggly <b>Aspirin</b> Save 50c Over Bayer (100-Cl.)	100-Cl. Btl.	<b>59¢</b>

**Save \$2.74  
 Over National Brands**



Piggly Wiggly, Hot Dog or

**Hamburger Buns**  
**3 \$1**  
 8-Ct. Pkgs.

3 Varieties Frozen  
**Freezer Queen Entrees** 2-Lb. Pkg. **99¢**



All Varieties  
**Ore-Ida Potatoes** 2-Lb. Pkg. **69¢**

Piggly Wiggly, Fancy 100% Pure Florida



**Orange Juice** 6-oz. Cans **4 \$1**

**Farm Fresh Dairy Values**

Piggly Wiggly  
**Margarine Quarters** 16-oz. Pkgs. **3 \$1**

Local Brand Chocolate Milk 55¢  
 Local Brand Yogurt 8-oz. Ctn. **3-\$1**  
 All Varieties, Wiener Wraps 4-oz. Can **29¢**  
 All Varieties Egg Baskets 4-oz. Can **29¢**

Fluffy, Flaky Buttermilk, Flaky Sweetmilk  
 Butter Tastin' Pillsbury  
**Hungry Jack** 10-oz. Cans **3 \$1**

3 Ring  
**Cling Peaches** 29-oz. Can **39¢**  
 Borden's  
**Orange Juice** 1/2-Gal. Btl. **59¢**

Scott, 650 Sheet, 1 Ply Family Assorted  
**Bath Tissue** 4-Roll Pkg. **59¢**  
 Scott, 123 Sheet, 2 Ply Decorated or Assorted  
**Viva Towels** Single Roll **49¢**

**Health & Beauty Aids**



All Varieties  
**Piggly Wiggly Shampoo**

16-oz. Btl. **89¢**





# BICENTENNIAL BONUS BONANZA

# 1000 EXTRA



An American way of thrift  
Since 1896

## ★ BICENTENNIAL BONUS BONANZA ★

### 1000 EXTRA



To our founding fathers, being thrifty was a way of life. It had to be. And for 80 of our country's 200 years, American shoppers have been following in that tradition by enjoying the extra value and valuable extra gifts of S&H Green Stamps. All... at no extra cost! And thrifter than that, you just can't get. So, for 1,000 Extra Stamps come on in and join our salute to America! To American shoppers! And to an American way of thrift! Pick up your Bicentennial Bonus Bonanza Sticker Card the next time you shop and start saving (date)! You get a sticker with every \$10.00 purchase. Save any 24 stickers and be 1,000 Extra S&H Green Stamps thrifter... as many times as you can. Start today!

SNOWDRIFT ALL VEGETABLE  
**SHORTENING**  
3 LB. CAN \$1.09

UNITED ASSORTED  
**MELLORINE**  
HALF GAL. 59¢



GET 1000 EXTRA STAMPS WITH EACH FILLED CARD!



**Courthouse Notes**

**Oil Gas & Mineral Leases**  
 Thomas Graves to H. O. Rowland, Jr., all of the SW<sup>1</sup>, of Sec. 12, Block 6, H&GN RR. Co. Survey.

W. Lester Josey and Elma Theona Josey his, to Keith D. Graham, 139.4 acres of land out of Survey No. 1223, Certificate 1-391 GWT & P RR Co. Survey, Abstract 314.

Oran James Barron, Jr., Bruce B. Swenson, W. J. Waldrip, executors of the Estate of Albin C. Swenson, deceased, to J. R. French, NW<sup>1</sup> and SE<sup>1</sup>, of G. M. Dalton Section, 32, Abst. 608, Block 7, containing 320 acres; NW<sup>1</sup> and SE<sup>1</sup>, of Section 42, Abst. 604, Block 7, containing 309.94 acres.

Mary Charlotte Swenson, Eric P. Swenson, Roderic B. Swenson, Bruce B. Swenson, Randolph P. Swenson, Suzanne Swenson Allen and Barbara Swenson Elmore to John B. Morey, S<sup>1</sup> of W. A. Harrell Section 26, Abst. 387, Block 7, H&GN RR. Co. Survey.

Vernelle Humble and her husband, Harry L. Humble to Jones and Lyons, a Corp. all of NE<sup>1</sup> and SW<sup>1</sup>, of Section 1241, Abst. 441 and HE&WT Ry. Co. Survey, containing 318.20 acres more or less.

Mary Jane Potter Campbell and her husband, Phil Campbell to Jones and Lyons, a Corp. all of NE<sup>1</sup> and SW<sup>1</sup>, of Section 1241, Abst. 441, HE&WT Ry. Co. Survey, containing 318.20 acres more or less.

Lucille A. Edwards, a widow being one and the same person as Lucile A. Edwards to Jones and Lyons, a Corp. all of NE<sup>1</sup> and SW<sup>1</sup>, of Section 1241, Abst. 441, HE&WT Ry. Co. Survey, containing 318.20 acres more or less.

Louis Rochester to J. A. Matthews the N<sup>1</sup> of Section 685, Abst. 195; S<sup>1</sup> of Section 736 and S<sup>1</sup> of Section 736, Block 97, H&TC Ry. Co., Survey, Garza County.

Evelyn Nance Neff, a widow, and Edward Lewis Neff to H. O. Rowland, Jr., all of the S<sup>1</sup> of Section 89, Block 5, GH&H RR. Co. Survey.

D. R. Bolton to James F. Smith, 80 acres out of Subdivision D, Isaac Scott Survey, A-454.

Earl Douglas Danley to James F. Smith, 80 acres out of Subdivision C, D and G.

Harold L. Russwurm to James F. Smith, 80 acres out of S<sup>1</sup> of Subdivision C, Isaac Scott Survey A-454.

**Happy Birthday**

January 29  
 Charlie H. Brown  
 Patty Owen  
 L. C. White  
 Willie Scarborough  
 Mrs. Jody Mason  
 Topper Bilberry  
 Harold Gordon  
 Lee Ann Babb  
 Karla Gribble  
 Don Dunbar  
 Vicki Allen

January 30  
 Mary Nell Holly  
 Jimmy Bowen  
 Carter White  
 Mrs. Alex Webb  
 Kathy Warren

January 31  
 Carolyn Cook  
 Jill Renee Young  
 Mrs. Frank Runkles  
 Randy Josey  
 Kimmie Kay Smith  
 Mrs. Joseph Pearson  
 Dana Morris  
 Terri Guthrie  
 Leanna Davis

February 1  
 W. B. Sanderson  
 Jessi Carolyn Ward  
 Gerald Braddock  
 Don Hopkins  
 Danny Jones  
 Malinda Malouf  
 Billy Joe Woods  
 Charly Williams  
 Stella Mae Lewis

February 2  
 Mrs. Vida Brant  
 Mrs. Rufford Chapman  
 Mrs. Ray Shahan  
 Janie Anell Smith  
 Ida Faye Mathis  
 Mrs. Hugh Martin  
 Doyle W. Young  
 Greg Williams  
 A. J. Baumann

February 3  
 Jack Lancaster  
 Jerry Teel  
 Sandy Dixon  
 Kay Lofton  
 George Scottie Samson  
 Mrs. L. D. Bilberry  
 Ina Gutierrez

February 4  
 Raymond Young  
 Johnny Hair  
 Raymond Shaw  
 Ina Mae Harper  
 Shari Carter  
 Cindy Wells  
 Jane Davis

**Joe Hudman now Houston chemist**

Mr. and Mrs. Joe Hudman have recently moved from Lawrence, Kans., to Houston where he is employed as a chemist for The Champion Company.

The company deals with petroleum companies. He has just completed his schooling at the University of Kansas but will not receive his degree until next May.

**Fraudulent oil, gas promotions cited**

AUSTIN — Attorney General John L. Hill and State Securities Commissioner Roy Mauer Friday issued a joint press statement, expressing grave concern about fraudulent oil and gas well promotions which are flooding the country from Texas.

During the period from January, 1973, to October, 1975, the two Texas enforcement officials estimated, so-called "Schedule D" companies took in approximately \$100 million from 47,000 investors across the United States. A computer printout of the names and addresses of the 47,000 investors, who have bought "Schedule D" interests at prices ranging from \$450 to \$5,000, has been prepared by Secretary of State Mark White's office, and is being mailed to law enforcement agencies in more than 40 states.

"A barrage of legal actions," Commissioner Mauer noted, "including injunctions and re-

ceiverships filed by Attorney General Hill, "has not stopped investors from being defrauded of their money."

"Texas has a huge, legitimate oil industry, and a worldwide reputation as a producer of oil and gas," Hill observed. "It is not surprising that illegitimate operators would come here to try to cash in on that reputation."

Up to now, Hill and Mauer said, the problem largely has been with the so-called "Schedule D" companies. These are operations, they explained, which are in the business of raising money from investors

physicians, dentists, small business proprietors, business executives, etc.) using a sales brochure called a "Schedule D" offering sheet.

The lawsuits filed by the Texas attorney general and cooperative action by other states and the S.E.C. have had a significant impact on the "Schedule D" companies, Commissioner Mauer said. "A great many of them have picked up their operations and moved to other states where the threat of legal action is less severe."

But it is now becoming apparent that a number of these companies have not left Texas at all. They simply have stopped filing."

Both Attorney General Hill and Commissioner Mauer stated that they believe that

criminal prosecutions, as well as civil actions, are absolutely essential if these frauds are to be stopped permanently.

Mauer said his investigators have been too swamped to present criminal cases to the appropriate district attorneys, but he has talked with Harris County District Attorney Carol Vance and Dallas County District Attorney Henry Wade.

"Both prosecutors have said they would move quickly as soon as we get evidence of cases to them," Commissioner Mauer said. "So far, one man

has been indicted and convicted in Dallas, and six men have been indicted in Houston. And, a Harris County grand jury is probing the activities of Houston-based promoters at this time."

Hill said, "We hope that consumers will safeguard their interests, and at the same time, be part of the state-local-federal attempt to bring a halt to these fraudulent practices by being alert to suspicious offerings. Remember, a really good deal almost never comes from a stranger, and never, never from a stranger who is in a hurry."

If an investor believes he or she may have been the victim of a fraudulent or otherwise illegal securities transaction, a

lawyer should be contacted immediately to assert and protect valuable rights. He or she should contact the nearest office of the State Attorney General, State Securities Commissioner or U. S. Securities and Exchange Commission. The above officials are working closely with the Texas Railroad Commission and U. S. Postal

Insightful investors who have been defrauded, and who are willing to stand up and be counted, even if called upon, are essential to the effort we're making," Hill and Mauer said. "It is they and others like them who may become victims in the future who we're trying to protect."

**Living in Bridgeport Isn't for Everyone**

Bridgeport, Conn., is the most heavily taxed metropolitan area in the U.S. in total federal taxes paid per capita, according to Tax Foundation,

Since 1915  
**Mason's**  
 FUNERAL HOME  
 60 YEARS OF SERVICE  
 301 W. MAIN POST, TEXAS  
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**POST ANTENNA CO., INC.**  
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**Jimmy Evans, Manager**

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**UNITED SUPER MARKETS** **FILL YOUR CART WITH**

**1000 extra S&H Green Stamps** come make history in our big **DOUBLE S&H GREEN STAMPS SUNDAY**

**WE GIVE S&H GREEN STAMPS**

**MAXWELL HOUSE COFFEE** • DRIP • REG. • ELECT. **98¢**  
 WITH A \$10.00 PURCHASE OR MORE EXCLUDING CIGARETTES

**WILSON'S BAKE-RITE SHORTENING** 3 LB. CAN **98¢**

**U. S. No. 1 RUSSET POTATOES** 5 LB. BAG **68¢**

**JOAN OF ARC CORN PEAS BEANS TOMATOES SAUCE SAUSAGE**

**CORN** JOAN OF ARC GOLDEN CREAM STYLE **4 303 CANS**

**PEAS** JOAN OF ARC EARLY GARDEN **4 303 CANS**

**BEANS** KOUNTY KIST WHOLE GREEN **4 303 CANS**

**TOMATOES** CONTADINA WHOLE PEELLED **4 300 CANS**

**SAUCE** CONTADINA TOMATO **6 8 OZ. CANS**

**SAUSAGE** SWIFT'S VIENNA **3 5 OZ. CANS**

**ORCHID BATHROOM TISSUE** 2-PLY **8 ROLL PACK \$1.79¢**

**NABISCO COOKIES** REG. 99¢ **79¢**  
 • CHIPS AHOY  
 • VANILLA  
 • COOKIE BREAK

**RICH 'N READY ORANGE DRINK** GAL. JUG **89¢**

**MERICO TEXAS STYLE BISCUITS** SWEET OR BUTTER MILK REG. 35¢ **5 12 OZ. CANS \$1.69**

**PEANUT FINE FARE BUTTER** SMOOTH OR CRUNCHY LGE. 40 OZ. JAR **\$1.69**

**FINE FARE SALTINE CRACKERS** 1 LB. BOX **39¢**

**TEXAS FULL 'O JUICE ORANGES** 5 LB. BAG **68¢**

**TEXAS RUBY RED GRAPEFRUIT** 5 FOR **68¢**

**FRESH CRISP CARROTS** 2 16 OZ. BAGS **29¢**

**LONG GREEN SLICERS CUCUMBERS** 2 FOR **29¢**

### Farm Topics

SYD CONNER  
Giarza Extension Agent

LAN LANDSCAPE BEFORE PLANTING  
The colorful 1976 nursery catalogs are out and you may be ready to place an order. But first you should develop a planting plan. "Never plant a shrub or tree

before drawing a plan." "And then plant only those plants specified in the plan. A drawing helps you place trees, shrubs and flowers correctly and avoid costly and troublesome errors." Drawing your plants to scale is easy with graph paper. The paper may have 4, 8 or 10 lines to the inch. A practical scale would be to let one inch equal 5 feet on your property. "Draw in the boundaries of the home grounds, house, garage and all existing features, including trees and shrubs already growing. Now you are ready to plan the improvements you want." Like your home, your yard should have three distinct areas — public, private and service. As you plan your landscape, relate these areas to the home and grounds. The public area should be designed in a manner that will enhance the appearance of the house.

The service area contains the compost pile, garbage cans, clothesline, space for trailers, sandboxes, or even a small vegetable garden. Locate this area as convenient to the kitchen or garage as possible and screen it from public view. The private or living area should be developed so all members of the family can enjoy it. Keep maintenance to a minimum by keeping the design simple but usable. "In preparing your home landscape, think first of the overall design. Only after you have the overall plan in mind should you begin to think in terms of specific plant materials." Your local nurseryman can assist you in choosing plants that are best adapted to the area and which will best develop the landscape picture you have in mind. Information



"Now promise me you won't bring up gas mileage."

on developing landscape plans may be found in the gardening section of your public library or at your favorite book store or garden center. The county Extension office also has material on the selection and care of landscape plants.

## Accent ON HEALTH

Texas Department of Health Resources  
Fratris L. Duff M.D., Director

If a killer walked the street with gun in hand you'd bar the doors and take protective precautions.

But the biggest killer of all lives among us, and will cause half of the predicted 108,000 deaths in Texas during 1976. That killer is cardiovascular disease, ranging from sudden heart attacks to the subtle, silent deaths and disability from hypertension and its many complications.

Major diseases of the cardiovascular system, reports the Texas Department of Health Resources, are hypertension (high blood pressure), atherosclerosis, heart attack, stroke, congestive heart failure, rheumatic heart disease and con-

genital defects.

The Department of Health Resources reports that an estimated 26,830,000 Americans have some major form of heart and blood vessel disease. According to the American Heart Association, hypertension afflicts more than 23 million persons, coronary heart disease almost four million and rheumatic heart disease and stroke another 3 1/2 million persons.

Accidental and violent deaths may grab the headlines in your home town and throughout Texas, but the biggest individual killer still lies within the human body.

Emphasis in the past few years — from state and national levels — has been placed on hypertension, and for a very good reason. It is a silent, mysterious killer with no characteristic symptoms. More often than not, the cause may remain unknown although hypertension in most cases can be controlled.

Left uncontrolled, hypertension can cause serious cardiovascular complications. It is a leading cause of disease and death in this country. One in every six adults has some elevation of blood pressure.

These facts are being given the public repeatedly, yet surveys of various population groups indicate that only 10 to 20 per cent of hypertensive patients are currently receiving effective treatment.

You could be among the half of those with high blood pressure who don't know they have it — unless you've had your blood pressure checked recently.

Medical science has unraveled many of the mysteries concerning heart ailments. In addition, dramatic advances have been made in repairing congenital and acquired cardiovascular abnormalities. Surgical techniques make possible the repair and replacement of damaged portions of the heart and blood vessels.

A great deal of research is being done today in this field. Some studies with animals indicate that atherosclerosis may be reversed.

Atherosclerosis is a slow, progressive disease that sets the stage for heart attack and stroke. In this disease, which may have its beginnings early in life, the linings of the arteries become thickened and roughened by deposits of fat, fibrin (a clotting material), cellular debris and calcium.

The continuing buildup can cause a clot to form which will block the channel and deprive the heart, brain or other organs of blood.

Autopsies of children killed in accidents, or who have died of other causes, reveal the beginnings of the atherosclerotic process. And, autopsies of servicemen killed during the Korean War revealed that, in some cases, the atherosclerotic process had already reached advanced stages by the early 20's and 30's.

Heart attack usually is thought of as sudden, but in all likelihood coronary disease has been building over the years, helped along by the patient who has ignored the risk factors and failed to heed the early warning signs.

"Prevention" is a word heard often today in medical discussion of heart attacks. There are things that can be done — starting in early life — to help prevent heart attacks in later years. These may be related to exercise, proper diet and proper rest.

Extensive clinical and statistical studies of family medical history, physical conditions and life styles have identified several factors as contributing to an increased risk of heart attack and stroke. Among these factors are heredity, sex, age, race, cigarette smoking, high blood pressure, elevated blood cholesterol, diabetes, electrocardiogram abnormalities, stress and lack of exercise.

Studies have documented the significance of the major risk factors in heart attack and stroke. They also have shown that the danger increases with the number and severity of risk factors — the more risk factors present or the greater the degree of abnormality of any factor, the greater the risk.

There may be no way to prevent all cardiovascular disease, but one can go a long way toward avoiding disability by getting the good health habit, says the Texas Department of Health Resources.

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