











WELCOME TO SERVICES AT . . .  
**First Baptist Church**  
 10TH & MAIN — CROSS PLAINS, TEXAS  
 SUNDAY SCHOOL . . . . . 9:45 A.M.  
 MORNING WORSHIP . . . . . 11:00 A.M.  
 CHURCH TRAINING . . . . . 6:00 P.M.  
 EVENING WORSHIP . . . . . 7:00 P.M.  
 WEDNESDAY BIBLE STUDY AND PRAYER MEETING . . . . . 7:30 P.M.  
 Rev. Burlie W. Taylor, Pastor — Curtis Beaman, Music, Youth Pastor 725-7556 — Church (817) 725-7629 — M-Y Dir. 725-7153

**Cross Plains Auto Supply**  
 WE NOW HAVE A COMPLETE STOCK OF  
**Interstate Batteries**  
 FOR YOUR  
 DOMESTIC AND IMPORT CARS AND  
 LIGHT TRUCKS  
 833 Main (817) 725-6212

**Sparkle Car Wash**  
 410 MAIN 643-2412 BROWNWOOD, TEX.  
 Across From Montgomery - Wards  
**A Full Service Tunnel Car Wash**  
 FEATURING AN IN & OUT SHINE FOR ONLY \$5.49  
 Every Tuesday "THE WORKS", \$11.64 Value for \$9.99  
 Vacuum, Wash, Polish Wax, Sealer Wax & Fragrance  
 Every Wednesday LADIES DAY SPECIAL FREE SEALER WAX  
**Full Detail Service:**  
 — We Use Turtle Wax Polish in our Poly & Sealer Waxes —  
 PROVIDING QUALITY TEXACO GASOLINE . . .  
 • Carpet & Seat Shampoo  
 • Simonize Polish Wax  
 • Vinyl Top Revitalizing — and More  
 OPEN 8 a.m. to 5:30 p.m. Monday - Saturday

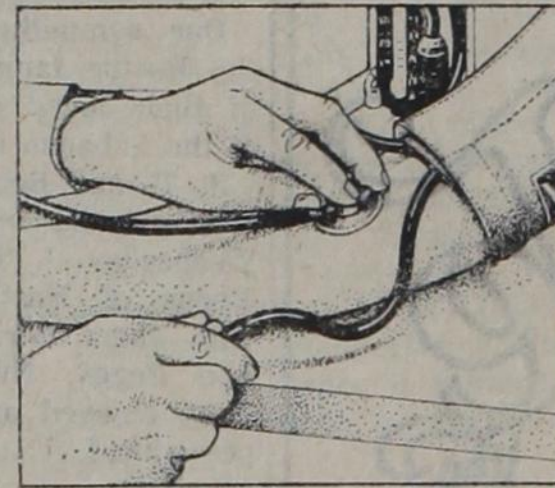
# Help Your Heart



## Check your blood pressure

High blood pressure can cause stroke, heart attack, kidney damage and more. It can shorten your life. But high blood pressure can be treated and controlled with your help. Everyone has blood pressure. Without it, the blood couldn't circulate in our bodies. Blood pressure in your arteries changes from day to day, even from moment to moment. It goes up when you get excited, and down when you rest or sleep. These changes in pressure are perfectly normal.

bandage, is wrapped around your upper arm. The cuff is filled with air until it squeezes the artery in your arm. Then the air is slowly let out of the cuff. At the same time, a doctor listens with a stethoscope as the blood rushes through your artery. He also watches a measuring gauge which tells him your blood pressure.



What is high blood pressure? In some people, certain arteries may clamp down. This makes it harder for blood to pass through, and pressure builds up as a result. If it goes too high and stays that way, it is called high blood pressure.

We still don't know what causes most high blood pressure, but research scientists are working hard on the problem. While they don't have the final answer, yet, they do have some important leads.

If your parents have had high blood pressure, there is a good chance you have it or will develop it. And if you have it, your children may develop it. Children should have regular blood pressure checkups just like adults.

**Help your heart!** Have your blood pressure checked at least once a year. It's the only way to find out if you have high blood pressure. There usually are no early signs to warn you. That's why high blood pressure is called the silent killer.

Call your doctor, clinic or nearest health center to make an appointment to have your blood pressure checked. A rubber cuff, something like a

If you have high blood pressure, it can be treated and controlled. But it takes two to do it: you and your doctor. By cooperating with your doctor you can live a long and normal life.

Your doctor may prescribe pills. Keep taking your medicine as long as he says you should. Your doctor may also put you on a low-fat, low-salt diet. If you are overweight, it's important to lose the extra pounds and keep them off. The extra weight puts a strain on your heart. Smoking cigarettes does too, so don't smoke. Your local chapter of the American Heart Association has information on how to stop smoking and on high blood pressure.

## SS Survivor Benefits Payable To Many

Social Security benefits can be paid to many survivors of workers who die after working long enough in work covered by Social Security. Glyn Hammons Social Security manager in Abilene, said recently.

These survivors include the worker's unmarried children under 18, under 19, if a full-time high school student or over 18 if disabled before reaching 22; a parent caring for a child under 16 or disabled who gets benefits; a widow or widower 60 or older, or 50 or over if severely disabled; and dependent parents 62 or older.

In addition, a surviving divorced wife or husband can generally get the same benefits a widow or

widower if the marriage to the worker last 10 years or more.

A lump-sum payment of \$225 can be made to the worker's eligible widow or widower, or, if none, to the worker's child entitled to benefits.

It is important for survivors to apply for benefits as soon as possible after the worker's death. This is especially important for widows and widowers under 65 because benefits cannot generally be paid before the month of application.

When applying survivors should have their own and the worker's Social Security cards or a record of the numbers, birth certificates for any eligible children, marriage certificate, proof of the worker's death, proof of age for the widow or widower, and Forms W-2 or self-employment tax returns for the past two years. Parents 62 or older will need to show they were

## Clyde Area Sailor Ends Gunner School

August 20 (FHTNC) — Navy Seeman David B. Vaughn, son of Kerry and Sue Walker of Route 4, Clyde was graduated from Basic Gunner's Mate School.

During the 16-week course at the Naval Training Center, Great Lakes, Ill., students received an introduction to the weaponry currently installed aboard Navy war-

ships. They studied the operation and maintenance of missile and rocket launching systems and naval guns, including the electrical, mechanical and hydraulic systems of each. Additionally, they studied the use and safe handling of ammunition, fuses and pyrotechnics.

dependent on the worker for their support. For more information about Social Security survivor benefits or about other Social Security benefits, contact the Abilene Social Security office, located at 142 S. Pioneer. The telephone number is (915) 698-1360.



GREATER ABILENE TELEPHONE DIRECTORIES

**GATD**

4150 DANVILLE SUITE 7  
 ABILENE, TEXAS 79606

**STRETCHES**

(915) 695-6230  
 (915) 695-6231

**\$ Your Advertising Dollar**

**Ma's**

GENERAL AREA

## School Meal Menus

Planned menus for both breakfast and the noon meal to be served at Cross Plains School Cafeteria during the week of September 10-14 follow. The offerings are subject to correct and timely delivery of produce.

Monday: Choice of ready-to-eat cereal, toast, orange juice and milk.

Tuesday: Hash browns, sausage, biscuits and honey, grape juice and milk.

Wednesday: Waffles, syrup with butter, bacon, orange juice and milk.

Thursday: Donuts, grape juice and milk.

The noon meal menus for the same time period follow.

Monday: Chicken fried steak with cream gravy, mashed potatoes, green peas, cake hot rolls and milk.

Tuesday: Chili beans, spinach, buttered carrots, pear half, cornbread and milk.

Wednesday: Submarine sandwich, shredded lettuce, vegetable beef soup, crackers, fruit juice bar and milk.

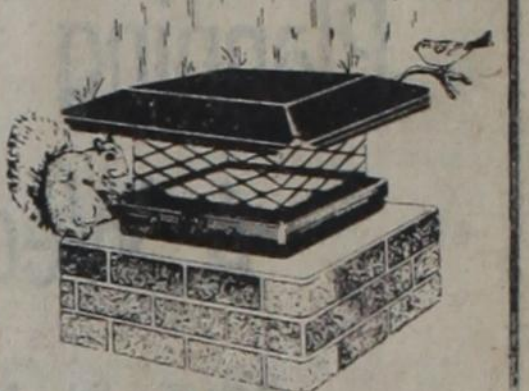
Thursday: Barbecue weiners, Au Gratin potatoes, green beans, peach cobbler, hot rolls and milk.

Friday: Hamburgers, lettuce, tomatoes, pickles, french fries, oatmeal cookies, milk.

**COTTONWOOD BAPTISTS PLAN REST HOME SERVICE**  
 The Cottonwood Baptist Church will be in charge of the services at Colonia! Oaks Nursing Home on Sunday, Sept. 9, at 3:30 p.m.

Review Orders Stamp Pads

**MASTER SWEEP CHIMNEY SWEEPS**  
 WE INSTALL JOMOCO QUALITY CHIMNEY COVERS 3 BASIC SIZES  
**\$57.95 to \$67.95**



Authorized Lopi Dealer

OF WOOD BURNING INSERT STOVES  
 CALL MASTER SWEEPS  
 (817) 725-6464

Chimney Cleans  
**\$55.00**

# A Loan In Your Dreams?



## Southern Can Help!

Southern Savings has money to lend . . . right now. You can buy a car, educate your kids, build a house . . . fulfill your dreams with Southern. Come by the Southern Savings office nearest you—we'll discuss your dreams and the loan to make those dreams a reality.

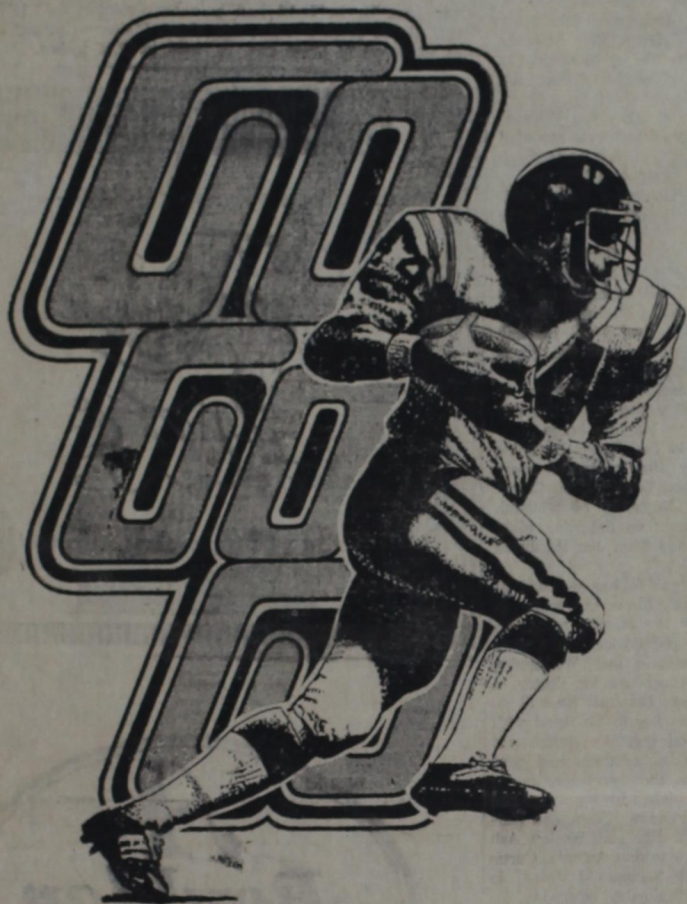


Cross Plains Branch, 200 N. Highway 36, 725-7724  
 Home Office: 501 Center, 646-4561, Brownwood

Branches: Bangs, Brady, Brownwood, Coleman, Comanche, Cross Plains, DeLeon, Goldsboro, Lampasa, Stephenville

# FOOTBALL SEASON OPENS

## Friday, September 7



WHEN THE  
**Cross Plains  
 Buffaloes**

TAKE ON THE  
**Dublin  
 Lions**

IN A NON-CONFERENCE CONTEST  
 STARTING AT 8 P.M.  
 IN BUFFALO STADIUM

Date	Opponent	Site	Time
Sept. 7	Dublin	Cross Plains	8:00 p.m.
Sept. 14	Ranger	Cross Plains	8:00 p.m.
Sept. 22	Baird (Sat.) Hemph	Baird	8:00 p.m.
Sept. 28	* Blanket	Cross Plains	7:30 p.m.
Oct. 5	* Lameta	Lameta	7:30 p.m.
Oct. 12	* Rochelle	Cross Plains	7:30 p.m.
Oct. 19	* Gorman	Gorman	7:30 p.m.
Oct. 26	* Goldthwaite	Goldthwaite	7:30 p.m.
Nov. 2	* Rising Star	Cross Plains	7:30 p.m.
Nov. 9	* Evant	Evant	7:30 p.m.

(\*) Denotes District 8-A Games

The Undersigned Businesses And Individuals Boost The Buffaloes And Urge Each Of You To Support The Thundering Herd!

P. K.'s STOMPIN' GROUNDS  
 J. W. FORE CONOCO STATION  
 HIGGINBOTHAM'S  
 RUSSELL-SURLES ABSTRACT CO.  
 PIONEER FARMERS CO-OP.  
 ROBERTSON'S  
 PETTIET AUTOMOTIVE SERVICE  
 LAKEWAY GROCERY  
 JOHNSON'S DRY GOODS  
 HINKLE T-V SALES & SERVICE  
 TOWN & COUNTRY  
 FOOD STORE  
 JOHNSTON TRUCK & SUPPLY  
 DAL-MAR ENERGY, INC.  
 CROSS PLAINS REAL ESTATE  
 LANE'S VARIETY STORE  
 McNEEL INSURANCE AGENCY  
 SAV-ON FOOD

KNOX WAGGONER'S  
 SECURITY INSURANCE AGENCY  
 SANDY'S HAIR AFFAIR  
 CLIFF'S EXXON STATION  
 WESTERN AUTO STORE  
 R. G. MAXWELL  
 CONSTRUCTION  
 SYLVIA'S HAIR SHACK  
 SEWALT BUTANE COMPANY  
 MOORE'S FRIED CHICKEN  
 GRIDER GULF STATION  
 BUY-RITE SUPERETTE  
 BRYAN VARIETY STORE  
 DAIRY BAR  
 KEY WELL SERVICE  
 CROSS PLAINS AUTO SUPPLY

COLONIAL OAKS  
 NURSING HOME  
 POLLY'S BEAUTY BAR  
 MARK WALKER WELDING  
 MAYES FLOWER SHOP  
 ODOM'S RESTAURANT  
 SKEET WALKER  
 TRUCK & TRAILER SALES  
 DILLARD TEXACO STATION  
 TRIPLE S ROUSTABOUT SERVICE  
 PHILLIPS DRILLINGS CO.  
 CROSS PLAINS DISCOUNT  
 BISHOP AUTOMOTIVE SERVICE  
 DILLARD DRILLING CO.  
 KLH OIL & GAS, INC.  
 CITIZENS STATE BANK  
 RAY'S BARBER SHOP  
 CLAUSEN OIL COMPANY

PANCAKE DRILLING CO.  
 CROSS PLAINS  
 OIL FIELD SUPPLY CO.  
 STROUD SHAMROCK STATION  
 BUFFALO PLUMBING  
 MERRYMAN DRILLING CO., INC.  
 CITY UTILITIES  
 HILLCREST MOTEL  
 CROSS PLAINS  
 FROZEN FOOD LOCKER  
 THOMASSON INSURANCE  
 NEAL DRUG  
 CROSS PLAINS  
 GRAIN & PEANUT CO.  
 RICHESON'S DAIRY QUEEN  
 LAWRENCE  
 FARM & RANCH SUPPLY, INC.  
 ROSE BUTANE GAS SERVICE  
 CROSS PLAINS REVIEW

**Show Your Support - Attend The Games**

