

Homemade calendar for fridge door is good idea

As if you don't already have a big enough stack of 1995 calendars at your disposal, here comes an idea for another. The homemade version will become an eye-catching permanent fixture on your refrigerator door with its interchangeable parts to teach, entertain and best of all inform your family of important dates.

This sturdy foam-board calendar marks the days with Velcro-backed ping-pong balls, ideal for small hands to grasp and manipulate each month.

To make the calendar: For best results, use a 21-inch wide by 14-inch long foam board (available at art and craft store in a variety of colors). Enlist you school-age child to measure and draw the basic calendar grid. Use a permanent black marker to make 3-inch wide by 1-inch rectangles and write the days of the week in each space. Use the remaining top space to place same-size tagboard strips with each month printed on them.

Collect used or new ping-pong balls. (Recycled plastic milk jug caps also work.) Glue a small square of Velcro on each ball or cap. Glue the

matching Velcro square on the middle of each square on the board. Glue Velcro to the back of each tagboard strip and glue matching Velcro on the space designated for the month.

Write the numbers 1-31 on each ball on the opposite side from where the Velcro was glued. On extra balls, draw figures representing special holidays or events such as a birthday cake for a birthday, a heart for Valentine's Day, etc. For fun, pick out small objects that fit the square to represent family activities. For example, glue Velcro on a small dental floss case for a dentist-appointment day.

Finally, glue four magnets on the back of the foam board.

To use: set the board on the table. Attach the January card on top and each ball on the correct square beginning with "1" under "Sunday." Use the numerical balls where appropriate. Keep leftover balls in a box to use for future months. Hang you perpetual calendar on the refrigerator door low enough for easy use by all family members.

Toastmasters pick speakers

The Hereford Toastmasters met on Dec. 22 at the Ranch House restaurant.

Ralph Barndt led the pledge and Joe Weaver gave the invocation. Dan Hall presided over the meeting.

The meetings toastmaster was Dr. Milton Adams, Barndt was the timer, Nancy Griego was the AH counter and Hall and Dave Kimmel were grammarians.

Wordmaster Weaver introduced the word euphoric.

The topicmaster was Clark Andrews and topic speakers included Dee Hamilton, Kimmel, Weaver and Sharon Cramer.

Margaret Del Toro gave a speech entitled "Solutions" and was evaluated by Hamilton. Pat Varner gave a speech entitled "The Nervous Tick" and was evaluated by Kimmel.

The reading was given by Cramer and the joke was by Andrews. The general evaluator was Griego.

Best speaker award was given to Del Toro and both the best evaluator and best topic speaker awards were given to Hamilton.

Adolfo Del Toro was a guest at the meeting.

'Pumping iron' can help your grandma avoid a broken hip

CHICAGO (AP)—If you want to help your grandmother avoid a broken hip, buy her some dumbbells and get her pumping iron a couple of times a week, a study suggests.

Post-menopausal women who trained intensively on exercise machines twice weekly for a year built up their bones, increased the size and power of their muscles and improved their balance, researchers said.

"The study shows for the first time that a single treatment can improve several risk factors for spine and hip fractures in older women," said study leader Miriam E. Nelson, a physiologist at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University in Boston.

"Bone density is only one element in these fractures," she added. "It may be even more important to improve women's muscle strength and balance to prevent falls, which are the greatest risk factor for fractures in the elderly."

Fractures caused by osteoporosis—the thinning of bones that accompanies aging—strike 1.5 million Americans annually, mostly women. The fractures often lead to long-term disability or death, and they cost more than \$10 billion in direct medical expenses annually.

The researchers studied the effects of strength training on bone thinning in 39 post-menopausal women ages 50 to 70. The findings were published in Wednesday's issue of *The Journal of the American Medical Association*.

A related article accompanying the study said Americans need to

consume more calcium than they do now in order to build and maintain healthy bones.

In the study, 20 of the women underwent 40-minute strength training sessions twice weekly with professional trainers. They worked out on equipment that uses air instead of weights to create resistance. The 19 other women remained sedentary.

All of the women previously had been sedentary and none had taken estrogen or other medications known to strengthen bones for at least a year before the study.

At the end of a year, the 20 women who had trained showed a 1 percent gain in the density of leg and back bones, compared with a 2.5 percent loss in the 19 women who did not train, researchers said.

Also, the trained women showed strength improvements in leg and back muscles of 35 percent to 76 percent above the nontrained group. And their balance improved 14 percent as tested by walking backward toe to heel, compared with a 9 percent decrease in the nontrained group.

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Ann Landers

Dear Ann Landers: I was dismayed to read the advice you gave the woman who was unable to have intercourse with her husband after being married for a year. She stated in her letter that on her wedding night "nothing happened." That is a very ambiguous phrase that could mean many things. Her doctor told her she was "normal" and to keep trying.

You suggested that a simple surgical procedure would correct her problem. How did you come to that conclusion? What about her husband? Maybe "nothing is happening" because HE has a problem. It certainly was not clear from the woman's description of events that she has any medical difficulties.

I find it interesting that both you and the doctor seemed to automatically assume that the woman had the sexual dysfunction, not the man. In fact, more often than not, a couple is unable to have sex because the male cannot perform. How about an explanation? - Dismayed in Providence

Dear Providence: From the sound of the woman's letter, I suspected that she might have a thick hymen. Often readers' letters are too long, and I must shorten them. In this case, I eliminated some critical information. Sorry.

Dear Ann Landers: I read with great interest the letter from "Been There in Chicago." Your correspondent said the best method for dividing possessions fairly when a family member dies is to have each beneficiary draw a number out of a bowl and select items in turn. He said it would prevent hard feelings.

So what happens when everyone wants the same item, and only one person has first choice? The family is still feuding. And what happens to the items that NONE of them want?

I have a better solution -- an estate auction. My husband and I have been in the auction business for more than

20 years, and there is no feud we haven't heard about. We know two sisters who haven't spoken to each other in a decade because they both wanted their mother's ice-cream scoop.

Several years ago, we knew a family of children who were in a bitter fight over the same possessions. Finally, the mother said she would have an auction and give each of the siblings enough money so they could bid on the purchases they wanted. The highest bidders would be the winners. Well, Ann would you believe that each of the 10 children preferred the money to the family heirlooms? Not one of them showed up for the auction.

When an estate auction is held, it leaves the bidding open to everyone, including the public. The items then fetch the highest possible prices. The heirs not only have the option of obtaining the items most valuable to them, but they are able to share in the profits at the end of the auction. At an auction, EVERYTHING is sold, including the "unwanted" items.

Many auction firms are service-oriented and are equipped to do all the setting up, advertising, marketing and cleaning up. This takes all the responsibility off the shoulders of the family members. Please let your readers know. -- Green Bay, Wis., Auctioneers.

Dear Green Bay: Thank you for a letter that deserves to be clipped and put in the family Bible. It could save a great many family fights and prevent a lot of hard feelings. You would not believe the amount of mail I get on this subject, and some of it arrives tear-stained.

Is life passing you by? want to improve your social skills? Write for Ann Landers' ne booklet, "How to Make Friends and Stop Being Lonely." Send a self-addressed, long, business-size envelope and a check or money order for \$4.15 (this includes postage and handling) to: Friends, c/o Ann Landers, P.O. Box 11562, Chicago, Ill. 60611-0562. (In Canada, send \$5.05)

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Garden club hosted by Phyllis Brown

The Bud to Blossom Garden Club met recently in the home of Phyllis Brown for a Christmas luncheon.

Roll call was answered with a favorite family holiday custom.

Brown presented the program on the holiday poinsettia plant. She told the group the plant is native to Mexico where it is known as the Christmas flower. It still grows wild and reaches heights of sixteen feet.

Naomi Hare told of Christmas customs that were observed in the Latin American countries she served as a Methodist missionary.

It was suggested that memorials made to the club in memory of recently deceased member Billie Johnson be used for upkeep on the Hereford Garden Center at N. Main and Park Avenue.

Present were Lou Hall, Mildred Fuhrmann, Patricia Robinson, Ursalee Jacobsen, Hare and Brown.

Garnett graduates

Jimmy Bradford Garnett of Hereford was among candidates for graduation from Stephen F. Austin State University during fall commencement.

He was a candidate for the BAAS degree in applied arts and sciences. He also is a graduate of Hereford High School.

LONDON (AP)—Best-selling writer Jeffrey Archer was injured along with his wife on Tuesday when their car plummeted down a highway embankment.

The 54-year-old author of "Kane and Abel" was taken to a hospital with cuts and bruises. His 50-year-old wife, Mary, suffered a small cut on her face, as well as scratches. Their two sons were unhurt.

Archer was driving when the car left the highway in Hertfordshire, 15 miles northwest of central London.

A police spokesman said that the cause of the crash was not immediately clear but that a breath test showed Archer was not drunk.

The Archers live in the village of Grantham, outside Cambridge, and have an apartment in London.



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Clippers steal victory in Bulls' United Center

By The Associated Press
Toni Kukoc knew exactly what Chicago's problem was.

"We couldn't hit shots, we couldn't rebound and we had plenty of turnovers," said Kukoc, who tempered his 21 points with eight turnovers in the Los Angeles Clippers' 95-92 victory Tuesday night.

The Bulls also didn't have Scottie Pippen, who was ejected from the game with 2:13 left in the second period.

The Clippers, on the other hand, had their first victory on the Bulls' home court since Jan. 26, 1979, when the Clippers called San Diego home and the Bulls played in Chicago Stadium.

"We had our chances to win, even without Scottie," Kukoc said.

"It didn't matter if Scottie was out or Scottie was in," B.J. Armstrong

said. "Scottie was gone. Those were the facts. We were trying to win a game we thought we could win."

Armstrong missed the basket more than he missed Pippen, failing on 16 of 20 shots.

Los Angeles was 0-17 in Chicago before the win, and the victory snapped a five-game losing streak, raising the Clippers' record this season to 4-23.

"We're undefeated in this building," coach Bill Fitch joked of the United Center, the Bulls' new home this year.

In other NBA games, it was New York 99, New Jersey 91; Orlando 103, Miami 83; Milwaukee 98, Detroit 88; Phoenix 119, Dallas 118; Houston 105, Atlanta 93; San Antonio 119, Charlotte 108; Indiana 95, Denver 91; Golden State 129, the Los Angeles Lakers 105; and Sacramento 102, Portland 101.

Pippen scored 18 points on 8-for-11 shooting, grabbed five rebounds and handed out three assists before he was ejected for swearing at referee Terry Durham when protesting an offensive foul. He had received a first-quarter technical foul for taunting Clippers center Charles Outlaw after dunking over him, and the second technical meant an automatic ejection.

Pooh Richardson had 21 points and 10 assists for the Clippers, while Lamond Murray added 19 points.

Suns 119, Mavericks 118
Kevin Johnson's 16-foot baseline jumper with 3.7 seconds left capped a Phoenix rally from a five-point deficit with less than a minute to play. It was the visiting Suns' 11th consecutive victory over Dallas.

Johnson finished with 28 points, while Charles Barkley had 22 points

and 16 rebounds for the Suns, who won for the 10th time in 11 games. Jim Jackson scored 31 points for Dallas.

Rockets 105, Hawks 93
In Houston, Hakeem Olajuwon had 35 points and 16 rebounds as Houston kept Atlanta's Lenny Wilkens from tying Red Auerbach's NBA career coaching record for wins with 938.

The Rockets scored eight consecutive points early in the fourth period to take the lead for good.

Ken Norman scored 28 points to lead Atlanta.

Spurs 119, Hornets 108
David Robinson scored 16 of his 30 points in the third quarter and Chuck Person hit five 3-pointers as San Antonio won its seventh straight game, downing visiting Charlotte. Person finished with 21 points.

Hornets center Alonzo Mourning

injured his right foot in the second quarter and didn't return. Larry Johnson had 29 points and 12 rebounds to lead Charlotte.

Warriors 129, Lakers 105
Tim Hardaway, Latrell Sprewell and Tom Gugliotta each scored 20 points, and Rony Seikaly grabbed a season-high 17 rebounds as Golden State crushed visiting Los Angeles.

The Warriors led 65-36 at halftime and never let up. Just four minutes into the third quarter, Golden State pulled ahead 84-47 on Tim Hardaway's 3-pointer.

Cedric Ceballos led the Lakers with 24 points.

Kings 102, Trail Blazers 101
In Sacramento, Spud Webb's fallaway jumper with 2.3 seconds left erased Portland's one-point lead and gave the Kings the victory. Cliff Robinson, who missed a baseline

jumper at the buzzer, gave Portland a 101-100 lead with 12 seconds remaining.

Magic 103, Heat 83
Shaquille O'Neal had 28 points and 11 rebounds as Orlando ran its home record this season to 12-0. Anfernee Hardaway scored 19 points for the Magic, who blew the game open with a devastating display of 3-point shooting in the fourth quarter.

The Magic hit five 3-pointers in the period, four of them in a 20-2 spurt.

Pacers 95, Nuggets 91
Rik Smits had a season-high 33 points and grabbed 14 rebounds to lead visiting Indiana over Denver. The Pacers, winners of nine of their last 11 meetings with the Nuggets, scored only five points in the final three minutes, but Denver could only manage six free throws and Mahmoud Abdul-Rauf's 3-pointer over the same stretch.

Iowa upsets Duke in Rainbow opener

By The Associated Press
Duke traveled 5,000 miles to have this happen?

The seventh-ranked Blue Devils journeyed from Durham, N.C., to Honolulu for the Rainbow Classic. It was a long trip, but a short stay in the tournament as Iowa knocked off Duke 81-71 on Tuesday in the opening round.

Jess Settles, who was scheduled to play two minutes, got in 23, scoring 28 points and grabbing eight rebounds. He was the difference for the Hawkeyes (9-1).

"Settles was incredible," Duke coach Mike Krzyzewski said. "Imagine if he had been practicing the last 17 days?"

The sophomore forward, who leads the Hawkeyes in scoring at 19.7 points per game, missed the last four games with a back injury. He had no clue how he would do Tuesday.

And Duke had no clue on how to handle him, or Iowa's fullcourt pressure.

"Having had those games off, I was hoping I could come back against a lower caliber opponent," Settles said. "As most athletes do, I was running on adrenalin and the back held up. I was supposed to play two minutes, see how it felt and try for some more minutes. Now I'll see how it is when I try to get out of bed tomorrow."

Krzyzewski was bothered by his

team's uncharacteristic sloppiness.

"It wasn't so much the number of turnovers, but what they led to, easy baskets," Krzyzewski said. "We just didn't value the basketball and that credit goes to Iowa's incredible persistence. They are always after you."

Elsewhere in the rankings, it was No. 5 Kentucky over Marshall 116-75; No. 8 Connecticut over Illinois 71-56; No. 9 Maryland over La Salle 96-80; Stanford over No. 19 Wisconsin 95-78; No. 21 Iowa State 96, Chicago State 47; and No. 25 St. John's over Manhattan 81-70.

No. 5 Kentucky 116, Marshall 75
Jeff Sheppard scored 19 of his career-high 21 points in the first half, including five 3-pointers, for the host Wildcats.

Kentucky (6-1) forced the Thundering Herd (6-2) into 29 turnovers and only 31 percent (22-for-70) shooting from the field. Kentucky shot 51 percent (39-for-76) from the field, including a season-high 15-for-28 from 3-point range.

It was the first meeting between Rick Pitino and Billy Donovan, who served as Pitino's assistant coach at Kentucky for five seasons and played for Pitino at Providence and with the New York Knicks.

No. 8 Connecticut 71, Illinois 56
Dorin Sheffer, held scoreless in the first half, scored 17 points and

Brian Fair added 16 for the host Huskies, who have won 34 consecutive non-conference games at the Hartford Civic Center.

Unbeaten Connecticut used a 10-point run midway through the second half for its sixth successive win. The Illini (8-3) were led by Shelly Clark with 18 points.

No. 9 Maryland 96, La Salle 80
The Terrapins won their 38th consecutive non-conference home game after they trailed by as many as five points in the first half. Reserve Mario Lucas scored a career-high 18 points and sparked a 24-6 second-half surge.

Keith Booth had 18 points, matching his career best, and Joe Smith also scored 18 for Maryland (9-2).

Stanford 95, No. 19 Wisconsin 78
Brevin Knight scored 26 points and Dion Cross 19 for unranked and unbeaten Stanford.

Stanford (8-0) dominated at the free-throw line, making 33 of 42 shots, while visiting Wisconsin (6-2) made 14 of 21.

SOUTHWEST CONFERENCE
Texas 84, Texas-Pan American 73
In El Paso, Terence Rencher scored seven of his 20 points in a game-breaking second-half scoring run, helping Texas over Texas-Pan American in the first round of the Sun Classic Tournament Tuesday night.

The Longhorns (4-2) advance to Wednesday's tournament championship against Washington State, a 70-54 upset winner over host Texas-El Paso earlier Tuesday.

The Broncs (2-4) led 44-36 late in the first half and 45-41 at halftime before Texas opened the second half with a 22-7 stretch led by Rencher. Two minutes later, the Longhorns began an 11-0 burst that sealed the victory.

Reggie Freeman scored 17 for Texas and Rich McIver and Tremaine Wingfield each added 13.

Princeton 71, Texas A&M 66, 3OT
In New Orleans, Princeton's Sydney Johnson hit a falling-down 3-point basket with three seconds left to force overtime, then sank two foul shots with three seconds left in the third extra period to give Princeton victory over Texas A&M Tuesday night in the UNO Tournament.

Princeton (4-5) used a deliberate offense and packed its defense under the basket to frustrate A&M (4-6), leading the entire first half and much of the second. A&M shot just 35 percent from the field and made just 3-of-18 3-point attempts.

Joe Wilbert led A&M with 31 points. Tony McGinnis had 10.

Wilbert scored all but one of A&M's overtime points before being benched with 1 minute, 16 seconds left in triple overtime for throwing Hielscher against the goal post under the A&M basket and drawing an intentional foul.

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Facts about women, diabetes

By LESLY RASCOE

San Angelo Standard-Times
SAN ANGELO, Texas - Buying groceries and preparing and freezing meals to serve during the next two weeks to a month is more economical and saves time, says Carolyn McMunn, who has the practice down to a science.

McMunn, who raised her family in the military, said receiving one monthly paycheck taught her to purchase the month's food all at once. She planned her menus so that she never served the same dish twice within one month.

McMunn said it's easier to spend one day preparing several meals for the freezer than spending time cooking each day. It also means cleaning up just one mess in the kitchen, she said.

"Freezing ahead is definitely the way to go for so many of these busy women," McMunn said.

She suggests always planning

menus ahead and choosing recipes that freeze and reheat well.

Working efficiently in the kitchen is her secret, McMunn said. Some of her techniques include:

- Now is the time to make your cornbread for your Christmas dressing, she said.

- Next time you're cutting vegetables, chop extra celery and onion and freeze it, she suggested. Freeze onions briefly on a cookie sheet before transferring to a plastic bag.

She believes eating healthful, low-fat foods is cost-effective in the long run.

Her experience in weight management programs taught her to replace fats with healthful alternatives, she said.

To enjoy a low-calorie, low-fat sweet snack, McMunn suggests slicing a slightly ripe banana into circles and freezing it on a cookie sheet. Store the frozen banana circles

in plastic bags. As needed, place 1 cup frozen banana circles in the blender. Add 1/2 to 1 teaspoon sugar or sugar substitute and 1/4 teaspoon vanilla or almond extract. Blend until slushy and eat like ice cream.

McMunn said many foods should cool slightly before freezing to prevent condensation from building up and turning to ice crystals.

"Unless you have a sub-zero freezer, it's never a good idea to put food in the freezer while it's hot," McMunn said.

She said she freezes her foods in plastic containers and sometimes places the container in a plastic bag for added protection against freezer burn.

Most frozen foods should be used within a month, but some foods may keep well for three to six months in the freezer. "After that you lose your nutrients, quality and taste," McMunn said.

Following a set route within your favorite grocery store is also important, McMunn said.

Purchase your foods at their freshest for the best results, she said. McMunn has learned that many families do not have time to cook each day and preparing food ahead is helpful.

McMunn recently began her own business offering personal chef service where she prepares food based on her clients' special needs.

She meets with each client and together they decide on a menu based on taste preferences and dietary needs. Next McMunn purchases the food and prepares it for freezing in the client's home. Typically, she prepares two weeks of meals, or 10 meals for two people, to be used for the client's convenience.

McMunn said personal chef services are not just for busy, career-oriented households, but those who are unable to cook for themselves may enjoy having ready-to-heat custom meals in the freezer.

Distributed by The Associated Press



PROPOSED RESTORATION
SLATON HARVEY HOUSE/DEPOT
SLATON, TEXAS

Slaton's Harvey House project wins small preservation grant

Plans to restore Slaton's Harvey House restaurant took its first major step this month with the formal announcement of a \$21,120 grant for initial work on the project.

The grant was announced by the Texas Transportation Commission, the state agency which is overseeing Texas use of federal funds from the Intermodal Surface Transportation Efficiency Act.

The Slaton project is one of 82 projects selected statewide out of 470 nominations in the second round of funding under the federal program, state officials said in announcing the grant. The first round saw 112 projects approved at a total cost of \$98 million.

In its selections this year, the transportation commission awarded \$42.5 million in grants. The approved projects are designed to enhance a broad range of transportation-related issues, including bicycle and pedestrian facilities, beautification, historic preservation and water quality protection, state officials said.

Applications for a third round of funding are due to be sought in December, 1995.

Locally, the \$21,120 grant will fund long-needed roof repairs on the Harvey House building and an architectural-engineering study that will detail the projected cost of restoration of the building. Tony Privett, president of the Slaton Railroad Heritage Association, said. The study will likely be the ground work for a grant application in the third round of Texas Transportation Commission grants.

The grant announced this week will need to be matched locally with about \$5,000, an amount that the association already has in hand or in pledges, Privett said.

However, the future restoration at a cost projected as high as \$500,000 is expected to require considerable local financial support.

In that respect and in general, Privett said, the Slaton Railroad Heritage Association is seeking support and volunteers.

Anyone one wishing to donate time, money, railroad memorabilia or ideas to the project should contact Privett at (806) 828-6908.

The association is looking specifically for persons with fence building expertise and fencing materials, furniture refinishers, memorabilia that came from the Slaton Harvey House or from one of the other such facilities that dotted the west, knowledge of old railroad engines, cars, cabooses or depots that might be donated to the association, as well as, volunteers for a variety of duties and tax-deductible cash donations and memberships.

While the multi-year project is gaining momentum, he said, the association will be asking for "local input as to how the building can be best used in our community."

"Ideas already suggested include moving the museum into the building, using it as a historic 'bed and breakfast' inn, for a community room, for office

rental, or for a combination of uses."

The local Harvey House building, situated just northeast of the intersection of Texas Avenue and Industrial Drive, is the only original Santa Fe Railway buildings still standing in Slaton.

The Harvey House, the original depot, Santa Fe's reading room, all situated at trackside at the end of Texas Avenue, and the roundhouse maintenance facilities on the northeast edge of the rail yard were all part of the complex that marked Santa Fe's Slaton division point. They were the reason for Slaton's existence.

Built in 1912, the local Harvey House was a late addition to a famed chain of restaurants that served Santa Fe rail passengers through World War II.

The chain was a cooperative effort between restaurateur Fred Harvey and Santa Fe which brought fine service, food and atmosphere to the travelers and to the communities that Santa Fe served.

They also brought Harvey girls to the west. They were young women hired by Harvey to work in the restaurants, young women who lived at the restaurant sites under very strict rules.

The romantic history of the Harvey girls was captured in books, songs and even a motion picture, "The Harvey Girls," starring Judy Garland.

The local building was saved from the Santa Fe demolition crews about two years ago and from that effort came the Slaton Railroad Heritage Association, a non-profit organization that owns the building and holds its restoration as its sole purpose.

LOS ANGELES (AP)—Will Eddie Fisher's name light up the marquee at Debbie Reynolds' hotel, casino and soon-to-open museum in Las Vegas?

"I don't know yet. I don't know if my audience would like that. I have to decide that," Reynolds said in an interview to be broadcast Thursday on "Eye to Eye with Connie Chung."

Fisher and Reynolds were married in 1955, had children Carrie and Todd, and divorced in 1959.

Part of the problem is her fans haven't forgiven Fisher for the divorce, she said.

"That's what they tell me," she said. "I'm not sure whether they would be happy with that. And maybe they would. My son says, 'Well, mother, they could forgive if you would.'"

The movie "Stand Up and Cheer," featuring the debut of child performer Shirley Temple, opened at New York's Radio City Music Hall in 1934.

Names in the News

HACKENSACK, N.J. (AP)—The oldest of nine siblings, Susan Sarandon drew on her own childhood experiences for her two latest movie roles playing mothers of large broods.

In "Little Women," which opened on Christmas, Sarandon is Marmee, a mother of four girls. In "Safe Passage," opening Jan. 6, she plays a mother of seven sons.

"The woman I play in 'Safe Passage' has kids very early, like my mother did, but I wouldn't say it parallels her story," Sarandon said in Tuesday's "The Record of Hackensack." "I'm real familiar with the chaos of a large family and the process of finding your way."

For her "Little Women" role, Sarandon joked that it was courageous of her to "wear no makeup, your hair parted in the middle, and a butt pad."

Sarandon, 48, has three children, ages 2, 5 and 9.

"I feel like the oldest ovary-producing person in America," she joked.

Diana. They've signed up for separate memberships.

The royal couple, who separated in 1992, filed separate applications for the social club, and each paid the \$50,000 initiation fee, said membership director Katharine Merlin. Ordinarily, a single membership is good for the member's spouse and children as well.

Merlin, who has handled applications for Steven Spielberg, Arnold Schwarzenegger and Elizabeth Taylor, didn't see any of the paperwork for Charles or Di. "That, Mr. Trump handled," she said.

The club, with membership limited to 500, is about half-booked and is expected to open in mid-January, Merlin said. She said interest has been so high, the initiation fee will rise to \$75,000 on Sunday.

PALM BEACH, Fla. (AP)—A two-for-one deal is available at Donald Trump's Mar-a-Lago Club, though of course that won't do these days for Prince Charles and Princess

A.O. THOMPSON ABSTRACT CO., INC.

Margaret Schroeter - President
Carolyn Maupin - Manager
Abstracts • Title Insurance • Escrow
P.O. Box 73 • 242 E. 3rd St. • 364-6641

Senior Citizens

LUNCH MENUS

THURSDAY-Mexican stack, pinto beans, Spanish rice, salad fixins, peaches and cookies.

FRIDAY-Fish strips, au gratin potatoes, turnip greens or green beans, garden salad, cherry pie cake.

MONDAY-Steak fingers with gravy, blackeyed peas, fried okra, pickled beets and onions, peaches and cookie.

TUESDAY-Roast beef with gravy, baked potato, green beans, tossed salad, pears in gelatin with topping.

WEDNESDAY-Oven fried chicken, creamed new potatoes and peas, buttered corn, fruit salad, applesauce cake.

ACTIVITIES

THURSDAY-Stretch and flex 10-10:45 a.m., oil painting 9-11 a.m., choir 1 p.m., water exercises.

FRIDAY-Line dance 10-10:45 a.m., water exercises.

SATURDAY-Games 12-4 p.m., New Year's Eve party/dance.

MONDAY-Closed.

TUESDAY-Stretch and flex 10-10:45 a.m., water exercises, Golden Spread 1-4 p.m.

WEDNESDAY-Stretch and flex 10-10:45 a.m., water exercises, Miracle Ear 10 a.m.-3 p.m.

The best thing about the future is that it comes only one day at a time.

Single Burger (1/4 lb)

99¢

After 5:00 PM • Starting Friday, December 16th thru January 2, 1995.

820 E. Park
364-4321
Hereford
Delivery available after 5 pm

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821 W. Park
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Now that he's got my attention, he'll be getting their business.

I better call right away to place my ad.

364-2030

The Hereford Brand

"We Reach Thousands Every Day."

Classifieds

11. BUSINESS SERVICE

Defensive Driving Course is now being offered nights and Saturdays. Will include ticket dismissal and insurance discount. For more information, call 289-5851. 700

We buy scrap iron, metal, aluminum cans, all batteries, tin, copper & brass. 364-3350. 970

Garage Door and Opener Repair & Replacement. Call Robert Betzen, 289-5500. If No answer Call Mobil, 344-2960. 14237

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Repairs, Carpentry, Painting, Ceramic Tile, Cabinet Tops, Attic and wall Insulation, Roofing & Fencing. For free estimates call **TIM RILEY - 364-6761**

12. LIVESTOCK

Wheat round bales - approximately 1300 lbs. ea., \$80 ton or \$60 bale, 364-0415, leave message. 28422

13. LOST & FOUND

Lost: 1 pit bull, 1 brn/white, male. Reward. 364-1250, 364-7623. 28420

LEGAL NOTICES

ST. JUDE

Novena
May The Sacred Heart of Jesus be Adored, Glorified, Loved and Preserved throughout the world, Now and Forever, Sacred Heart of Jesus Pray for us. St. Jude worker of miracles, pray for us. St. Jude Help the Hopeless, Pray for us. Say this prayer 9 times a day. By the 8th day your prayer will be answered. Say it for 9 days. It has never been known to fail. Publication must be promised.
Thank You St. Jude

AXYDLBAAXR is LONGFELLOW

One letter stands for another. In this sample A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different.

12-28 CRYPTOQUOTE
Y CYNP QXP RDG GJV DCRDGU
TDODSP QJ UDG QXP JEAYJVU
RYQX D UPOUP JM LPDC
FYUZJAPLG.—SJLP AYFDC

Yesterday's Cryptoquote: GIVE WHAT YOU HAVE. TO SOMEONE, IT MAY BE BETTER THAN YOU THINK.—LONGFELLOW

NEED HELP with Cryptoquotes? Call 1-900-420-0700! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features Service, NYC.



About ten percent of all the native flowering plants of the United States are so rare that they are considered to be endangered species.

A LONE STAR "STEAL"

Now you can run your classified ad in newspapers all across Texas for only \$250. That's right—a 25-word ad costs only \$250 to run in 225 newspapers with a combined circulation of 1,260,218 (that's 2.4 million readers) throughout the Lone Star State.

One call to this newspaper, that's all. We'll place your ad in 225 newspapers. All you have to do is get ready for the results.

This new sales opportunity is brought to you by this newspaper and the member newspapers of the Texas Press Association.

CALL 364-2030



Real estate discrimination policy.

All real estate advertising herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation or discrimination based on race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation or discrimination.

State laws forbid discrimination in the sale, rental or advertising of real estate based on factors in addition to those protected under federal law. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on equal opportunity basis.

Schlabs Hysinger



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HEREFORD
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COMMODITY SERVICES

1500 West Park Ave. 364-1281

Richard Schlabs Steve Hysinger

Phone 364-1286 Each Trading Day After 5:30 P.M.
for Recorded Commodity Update

Prices effective

Tuesday, December 27, 1994.

CATTLE FUTURES

Month	Price	Change
Jan	75.00	+0.25
Mar	72.00	+0.10
May	70.00	+0.15
Jul	68.00	+0.20
Sep	66.00	+0.15
Nov	64.00	+0.10
Dec	63.00	+0.05

GRAIN FUTURES

Month	Price	Change
Mar	2.10	+0.02
May	2.05	+0.01
Jul	1.95	+0.01
Sep	1.85	+0.01
Nov	1.75	+0.01
Dec	1.70	+0.01

METAL FUTURES

Month	Price	Change
Jan	3.20	+0.05
Mar	3.10	+0.02
May	3.00	+0.01
Jul	2.90	+0.01
Sep	2.80	+0.01
Nov	2.70	+0.01
Dec	2.65	+0.01

Month	Price	Change
Jan	1.50	+0.02
Mar	1.45	+0.01
May	1.40	+0.01
Jul	1.35	+0.01
Sep	1.30	+0.01
Nov	1.25	+0.01
Dec	1.20	+0.01

FUTURES OPTIONS

Month	Price	Change
Jan	1.50	+0.02
Mar	1.45	+0.01
May	1.40	+0.01
Jul	1.35	+0.01
Sep	1.30	+0.01
Nov	1.25	+0.01
Dec	1.20	+0.01

Month	Price	Change
Jan	1.50	+0.02
Mar	1.45	+0.01
May	1.40	+0.01
Jul	1.35	+0.01
Sep	1.30	+0.01
Nov	1.25	+0.01
Dec	1.20	+0.01

'QUIET YEAR'

makers had a good year, with Houston-based Compaq Computer Corp. expected to become the biggest U.S. seller of personal computers and Austin's Dell Computer Corp. showing strong growth and reintroducing a line of its own notebook computers.

Dell, however, also got snared by the debacle that taught the nation a new term: derivatives, complex securities linked to, or "derived" from, a group of stocks, bonds or other assets. In April, Dell said it lost \$500,000 in derivatives linked to foreign exchange trading. Then, in September, Odessa College reported its \$22 million portfolio had lost half its value because of derivatives.

As the year ended, local governments made a run on the state's TexPool investment fund due to concern spawned partly by Orange County, Calif.'s bankruptcy declaration, which was linked in part to losses from derivatives.

The oil business, once king in Texas, continued to see declines in 1994, as thousands of layoffs were announced nationwide.

But the majors continued doing massive deals, especially overseas. In November, Irving-based Exxon Corp. and the government of Indonesia agreed to spend up to \$40 billion to develop a huge natural gas field in the South China Sea. Earlier in the year, Exxon was assessed \$5 billion in punitive damages from its 1989 Alaskan oil spill. The company is appealing.

The oil industry marked a sentimental passing late in the year, with the \$250 million sale of Placid Oil, one of the largest remaining vestiges of the Hunt oil empire.

The year also saw the exit of two prominent Texas businessmen. Famed Houston oil well firefighter Paul N. "Red" Adair sold his company and retired in January.

Michael Walsh, chairman of Houston-based Tenneco Inc., died of brain cancer in May at the age of 51. "Mike's legacy is our shared inspiration to fight on and never settle for second best," said Walsh's successor, Dana Mead.

YOU'RE
GOING
THE RIGHT WAY
WITH THE

CLASSIFIEDS

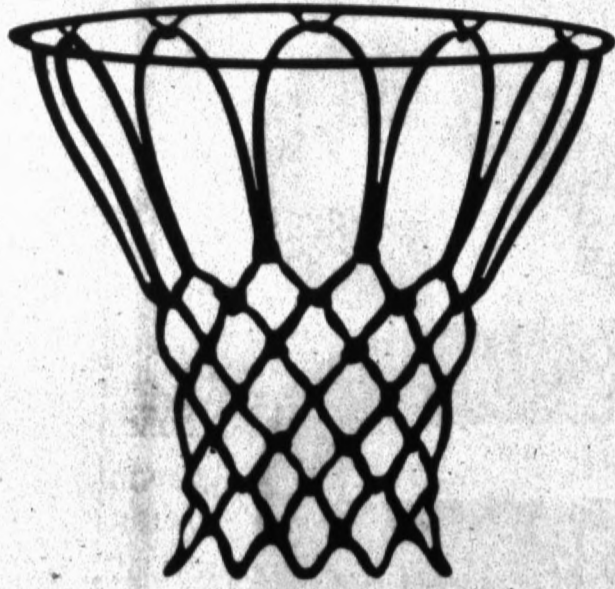
The Hereford Brand
364-2030

WHITEFACE



HOOP IT UP!

1994 Basketball Schedules



Boys

Day	Date	Opponent/ Tournament	Site	Vars. Time	JV Time
Tue.	Dec. 6	Dimmitt	Hereford	8	5
	Dec. 8-10	Abermathy tournament (V)		TBA	
	Dec. 8-10	Borger tournament (JV)			TBA
Fri.	Dec. 16	Coronado	Lubbock	7:45	
	Dec. 16-17	Friendship tournament (JV)			TBA
Tue.	Dec. 20	Muleshoe	Hereford	7:30	6
	Dec. 28-30	Canyon tournament (V)			TBA
Tue.	Jan. 3	*Canyon	Hereford	7:30	6
Fri.	Jan. 6	*Dumas	Dumas	7:30	6
Tue.	Jan. 10	*Borger	Hereford	7:30	6
Fri.	Jan. 13	*Caprock	Amarillo	7:30	6
Fri.	Jan. 20	*Pampa	Pampa	7:30	6
Tue.	Jan. 24	*Randall	Hereford	7:30	6
Fri.	Jan. 27	*Canyon	Canyon	7:30	6
Tue.	Jan. 31	*Dumas	Hereford	7:30	6
Fri.	Feb. 3	*Borger	Borger	7:30	6
Tue.	Feb. 7	*Caprock	Hereford	7:30	6
Tue.	Feb. 14	*Pampa	Hereford	7:30	6
Fri.	Feb. 17	*Randall	Randall	7:30	6

Girls

Day	Date	Opponent/ Tournament	Site	Vars. Time	JV Time
Tue.	Dec. 6	Dimmitt	Hereford	6:30	5
	Dec. 8-10	Abermathy tournament (V)		TBA	
	Dec. 8-10	Randall tournament (JV)			TBA
Mon.	Dec. 12	*Pampa	Hereford	7:30	6
Fri.	Dec. 16	*Randall	Randall	7:30	6
Tue.	Dec. 20	Muleshoe	Hereford	6	noJV
	Dec. 28-30	Littlefield tournament (V)			TBA
Tue.	Jan. 3	*Canyon	Hereford	6	7:30
Fri.	Jan. 6	*Dumas	Dumas	6	7:30
Tue.	Jan. 10	*Borger	Hereford	6	7:30
Fri.	Jan. 13	*Caprock	Amarillo	6	7:30
Fri.	Jan. 20	*Pampa	Pampa	6	7:30
Tue.	Jan. 24	*Randall	Hereford	6	7:30
Fri.	Jan. 27	*Canyon	Canyon	6	7:30
Tue.	Jan. 31	*Dumas	Hereford	6	7:30
Fri.	Feb. 3	*Borger	Borger	6	7:30
Tue.	Feb. 7	*Caprock	Hereford	6	7:30



Front Left - Right: Terance High, Todd Dudley, Benton Buckley, Jason Eades, Michael High, Cody Marion, Isaac Walker Back: Wade Backus, Michael Brown, Gregg Kalka, Ashley Noland, Michael Power, Keith Barrett, Ronald Torres, Coach Randy Dean, Asst. Key Harrison not pictured.



Front Left - Right: Misti Davis, Julie Cole, Danielle Cornelius, Julie Rampley, Mindi Davis, Heather Hodges, Back: Head Coach Eddie Fortenberry, Tarabeth Holmes, Kari Barrett, Brittney Binder, Catie Betzen, Asst. Coach Loy Triana

Hereford Whitefaces

Senior	4	Michael Brown
Senior	10	Ashley Noland
Senior	12	Keith Barrett
Junior	14	Ronald Torres
Senior	20	Cody Marion
Senior	22	Michael Power
Sophomore	24	Isaac Walker
Senior	30	Wade Backus
Senior	32	Benton Buckley
Junior	34	Michael High
Junior	40	Todd Dudley
Senior	44	Gregg Kalka
Senior	50	Jason Eades
Senior	52	Terance High

Head Coach: Randy Dean - Asst. Key Harrison, Rodney Allen

Lady Whitefaces

Sophomore	10	Kari Barrett
Junior	22	Brittney Binder
Freshman	24	Catie Betzen
Freshman	30	Julie Rampley
Junior	34	Heather Hodges
Junior	42	Mindi Davis
Freshman	44	Misti Davis
Junior	50	Tarabeth Holmes
Junior	52	Julie Cole
Sophomore	54	Danielle Cornelius

Head Coach: Eddie Fortenberry - Asst. Loy Triana

Herd Sponsors

- B&R Thriftway**
610 McKinley - 364-1621
- Vasek Service & Equipment, Inc.**
102 16th St. - 364-3867
- Boots & Saddle**
513 N. 25 Mile Ave. - 364-5332
- Hereford Parts & Supply**
702 W. 1st - 364-3522
- West Texas Rural Telephone**
Dimmitt Hwy. - 364-3331
- Pizza Mill**
811 N. Main - 364-7772
- Hereford Texas Federal Credit Union**
330 Schley - 364-1888
- George Warner Seed Co. Inc.**
120 S. Lawton - 364-4470
- Plains Insurance Agency**
205 E. Park Ave. - 364-2232
- Hereford Cablevision**
119 E. 4th - 364-3912
- J.C. Penney - Sew & Tell**
301 N. Main - 364-4205
- First National Bank**
300 N. Main - 364-2435
- AZTX Cattle Co.**
311 Park Ave. - 364-8871
- Gibsons Discount Center**
1115 W. Park Ave. - 364-3187
- Pak-A-Sak**
830 S. 25 Mile Ave. - 364-2200
- Deaf Smith Electric Coop**
E. 1st - 364-1166
- Hereford Auto Center**
142 N. Miles - 364-0990
- Walco International Inc.**
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- Inkahoots**
342 Miles - 364-2224
- Oswalt Livestock Products**
E. Hwy 60 - 364-0250

BASKEBALL

95¢ SALE



Taylor & Sons

•Canyon
•Hereford



HOMETOWN PROUD
America

IGA WELCOMES
You To

1995

PRICES GOOD DEC 94 - JAN 95						
S	M	T	W	T	F	S
			28	29	30	31
1	2	3				

**BONELESS
TOP SIRLOIN
STEAK**

IGA TABLERITE

1.95
LB.



ROMA TOMATOES
RED, RIPE

2.95
LBS.



**SPLIT
FRYER BREAST**
FAMILY PACK

95¢
LB.



**GREEN GIANT
BLACKEYE PEAS**
15 Oz. CAN

4.95
FOR

**IGA
TOMATO SAUCE**
8 Oz. CAN

6.95
FOR



SALT JOWLS
49¢ LB.

**MACARONI & CHEESE
DINNERS**
IGA
7.25 Oz. Box

6.95
FOR



**PETER PAN
FLOUR**
25 LB.
BAG

2.95

**RAINBOW
ICE CREAM**
ASSORTED
1/2 GALLON

95¢



**IGA
SOFT DRINKS**
ASSORTED FLAVORS
3 LITER BOTTLE

3.195
FOR



**SOFT N GENTLE
BATH TISSUE**
WHITE OR ASSORTED
4 ROLL PKG.

3.195
FOR

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NO SALES TO DEALERS PLEASE. NOT ALL ITEMS AVAILABLE AT ALL IGA STORES.

IGA

IGA WELCOMES



Regular or Light
Parkay Margarine
1 Lb. Quarters



Big Tex
Orange Juice
46 Oz. Can



IGA Paper Towels
3 Ct. Pkg.

For **295¢**

95¢

For **2 295**



Hydrox or Vienna Fingers 16 Oz.

Sunshine Cookies 195

Cocktail or Dry Roasted 16 Oz.

Planters Peanuts 195



Squeeze 16 Oz.

French's Mustard 95¢

Curls or Balls 6.5 Oz.

Planters Cheese Snacks 95¢



MAKE IGA YOUR NEW YEARS PARTY HEADQUARTERS



Asst. 6 Oz. Pouch

Banquet Mixes 4 For 95¢

Assorted 64 Oz.

Hi-C Drinks 2 For 295



Frozen

Asst. 12" Original 21.5 - 22.85 Oz.

Tombstone Pizza 2 For 595

Not Available in all IGA Stores.



Assorted 5 Oz.

Patio Burritos 3 For 95¢



Original or Southern 9 - 10 Oz.

Banquet Chicken 2 For 395



5 Oz.

Q & Q Vermicelli 4 For 95¢

Dairy

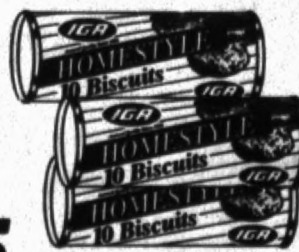
Sweetmilk or Buttermilk 7.5 Oz.

IGA Biscuits 5 For 95¢



Quick or Old Fashioned - 42 Oz.

3-Minute Oats 2 For 495



8 Oz

IGA Sour Cream 2 For 95¢



Assorted 46 Oz.

Tropicana Twisters 195



Assorted 8 Oz.

Kraft Dips 2 For 95¢



You To 1995!

IGA



Assorted
**Hills Bros.
Coffee**
12 - 13 Oz.

2⁹⁵



Assorted
**Hunt's
Ketchup**
24 Oz.

95¢



Regular or Light
**Philadelphia
Cream Cheese**
8 Oz.

95¢



42 Oz.
**Comet Long
Grain Rice**

1⁹⁵

Asst. 10 Ct.
**Farley
Fruit Snacks**

1⁹⁵



Assorted 14.5 Oz.
**Doritos Tortilla
Chips**

1⁹⁵

Assorted 14 Oz.
**Ruffles Potato
Chips**

1⁹⁵



**IGAS GOT EVERYTHING
YOU NEED TO MAKE
1995 THE BEST!**



Assorted 13.2 Oz.
**King Kuts
Dog Food**

2 For 95¢



Premium 5.5 Oz.
**Purina Cat
Food**

4 For 95¢

General Merchandise



Asst. 48 Ct.
**Tums
E-X**

1⁹⁵



Compare to Vaseline Aloe & Vitamins at 5⁹⁹
**Marquee Aloe &
Lanolin Lotion** 15 Oz.

1⁹⁵



Asst. .5 Oz.
**Visine
Eye Drops**

2⁹⁵



50 Ct.
**Tylenol Extended
Relief**

4⁹⁵



6 Ct.
**Efidac
24 Hour**

3⁹⁵



98 Oz
**Ultra Fab
Detergent**

4⁹⁵



Assorted 10 Oz.
**VO-5
Hairspray**

1⁹⁵



Compare to Vaporub at 5⁹⁹
**Marquee Vapor
Chest Rub**
3 Oz. **2⁹⁵**

**Ring In
THE NEW YEAR**

FRESH QUALITY MEATS



Salt Jowls
~~up to~~ **49¢**

**IGA TABLERITE
 BONELESS
 TOP SIRLOIN
 STEAK**

1.95
 LB.

**IGA TABLERITE
 MARKET TRIMMED
 WHOLE
 BRISKET**

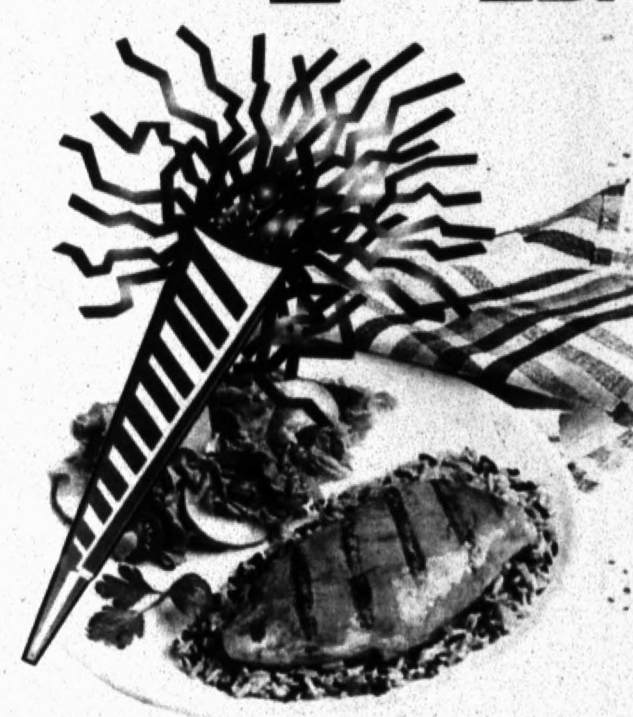
1.95
 LB.



IGA TABLERITE
**COUNTRY STYLE
 PORK RIBS**
 LB. **95¢**



MARKET PACKED
**WRIGHT'S SLICED
 SLAB BACON**
 LB. **95¢**



FAMILY PACK
**SPLIT
 FRYER BREASTS**
95¢
 LB.



REGULAR, LITE, POLISH OR TURKEY
**HILLSHIRE SMOKED
 SAUSAGE**
 LB. **1.95**



Hillshire Farm
 Little Beef Cocktail
 Smokies
 16 Oz. **2.99**

LITTLE MEAT OR LITTLE CHEDDY HOT
**HILLSHIRE COCKTAIL
 SMOKIES**
2.79
 16 Oz.



ORIGINAL, CHEESE, OR BEEF
**STATE FAIR
 CORNDOGS**
 10 Ct. **3.49**

Ring in the
 with the
Meat and Pa



MILD OR HOT - 16 Oz.
**IGA PORK
 SAUSAGE** ... 2 For **2.95**

SLICED 12 Oz.
IGA BACON **95¢**

**IGA MEAT
 FRANKS** 12 Oz. **69¢**

MEAT
**IGA
 BOLOGNA** 12 Oz. **95¢**

SLICED
**IGA
 CHOPPED HAM** 12 Oz. **1.95**

RAINBOW VALUE PACK

COMBO OR PEPPERONI
**RAINBOW
 PIZZA**
4.95

RAINBOW IQF
POPCORN

RAINBOW IQF
**SOUTHERN
 NUGGETS**

HAM, EGG &
ADVANCE

FINEST PRODUCE

FRESH SWEET TEXAS

GRAPEFRUIT

95¢

5 LB. BAG

RED RIPE

ROMA TOMATOES

2 LBS. 95¢



ROBSET

POTATOES

95¢

10 LB. BAG



CALIFORNIA GREENSKIN

AVOCADOS

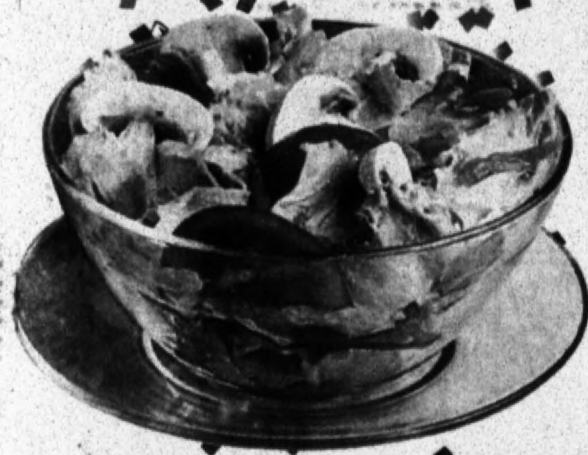
3 FOR 95¢

FRESH GARDEN

SALAD

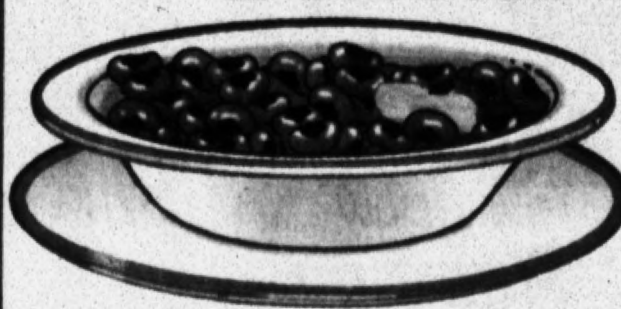
95¢

1 LB. BAG



FRESH

BLACKEYED PEAS



1.29

8 Oz.

HOT OR MILD

FRESH SALSA 1 LB. TUB 1.99

FRESH BABY

CARROTS 1 LB. BAG 1.29

YELLOW OR ZUCCHINI

SQUASH LB. 79¢

**the New Year
these GREAT
Produce Specials**

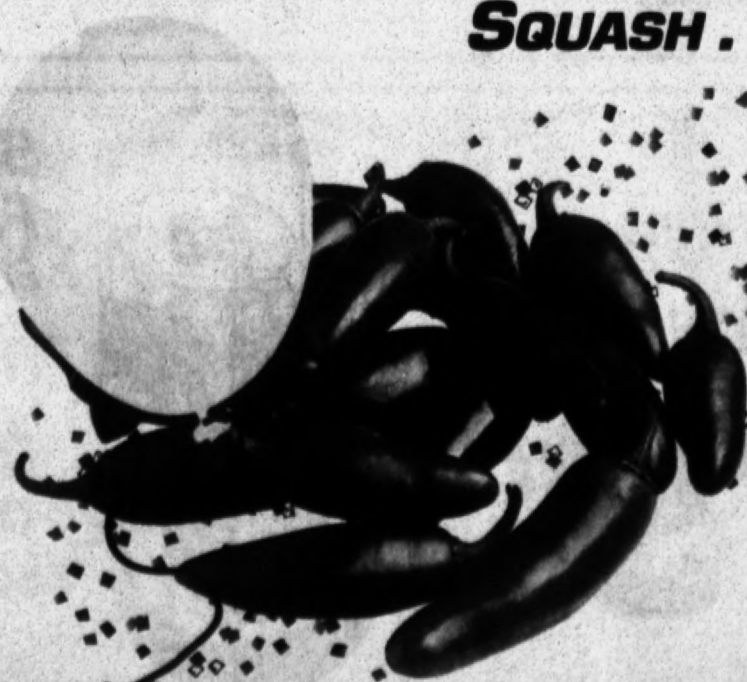
**Big Size
Big Savings
Big Value**

AVAILABLE AT ALL STORES

IQF
CORN SHRIMP 5.95
2 LB.

IQF
NORWEGIAN FRIED CHICKEN 4.95
2 LB.

PIZZA & CHEESE OR SAUSAGE & GRAVY 6.95
2 LB.



FRESH HOT

JALAPENOS

89¢

LB.



MORE GROCERY SAVINGS



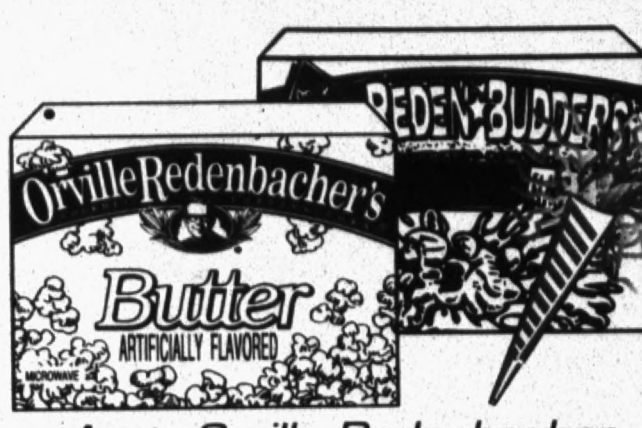
Assorted Nabisco
**Snack Crackers
or Triscuits**
6.75 - 10 Oz.

189



Assorted
**Mister Salty
Pretzels**
9 - 10 Oz.

99¢



Asst. Orville Redenbacher
**Microwave
Popcorn**
3 - 10 Oz.

179



Assorted 16 Oz.
**Coffee-Mate
Creamer**

229



Asst. 8 - 10 Ct Pkg.
Including Apple Cider
**Swiss Miss
Hot Cocoa**

179



Mild or Medium 24 Oz.
**Pace Thick &
Chunky Salsa**

269



Asst. 24 Oz.
**Pace Picante
Sauce**

2 For \$5



Assorted 25.4 Oz. Btl
**Daily's Drinks
Mixers**

229

RAGU SPAGHETTI

\$1.99
Each
with this coupon
LIMIT ONE
48 Oz. JAR

Hearty,
Old World Style,
Chunky Gardenstyle



MANUFACTURER'S COUPON
EXPIRES 1/3/95

Van den Bergh Foods Co., Ragu
Products, CMS Dept. 36200, 1 Fawcett
Drive, Del Rio, Texas 78840 will re-
burse Retailer 30¢ plus 8¢ handling if
submitted in compliance with Van den
Bergh Foods Co. Redemption Policy
available upon request. Coupon has no
cash value without simultaneous pur-
chase. Limit one coupon per purchase.
Good only on product(s) indicated.

Void Where Prohibited or Taxed

Good At All IGA Stores

36200-40821

40¢ OFF

**Uncle Ben's
converted[®] Rice**
14 Oz.



1 Buy one 14 oz. box of
UNCLE BEN'S[®] converted[®]
Brand Boil-In-Bag, Fast Cook
or Brown Rice 10 Minute

2 Present this coupon
to the cashier

3 Receive 40¢ Off
GOOD ONLY FROM 12/28/94 TO 1/3/95

IGA STORE COUPON

312800



Limit 1 coupon per purchase, good only on product indicated. Customers pay any sales tax. Any
other use is fraud. Void if altered, transferred or copied. RETAILER: To obtain face value plus 8¢, sub-
mit this coupon to Uncle Ben's, Inc., P.O. Box 870152, El Paso, Tx. 88587-0152 Invoices proving pur-
chase of sufficient stock within the past 90 days to cover coupons presented for redemption must be
shown upon request. Cash value 01¢ Void outside USA and where prohibited or taxed.



EFFECTIVE 12/28/94 - 1/3/95
Save 50¢

WITH THIS
COUPON

on any size bottle of Dorothy Lynch Home Style
or Dorothy Lynch Reduced Calorie Dressing

TO GROCER: You are authorized to act as our agent in redeeming this coupon. A Tasty
Toppings representative will handle the redemption of this coupon for 50 cents plus 8 cents
handling providing you and the consumer have complied with the terms of this offer. Proof
of purchase of sufficient stock of Dorothy Lynch Home Style Dressing and Dorothy Lynch
Reduced Calorie Dressing to cover coupons presented must be furnished upon request.
The consumer must pay any sales or similar tax. Coupon void if use is prohibited, restrict-
ed or taxed. Tasty-Toppings, Inc., P.O. Box 728, Columbus, NE 68602-0728.



GOOD ONLY AT PARTICIPATING IGA STORES



WISHES YOU A VERY HAPPY, HEALTHY AND PROSPEROUS NEW YEAR!

CLEANING

Heavy Duty
**Rainbow
Detergent**
64 Oz. Btl.



219



**IGA
Fabric Rinse**
Gallon Jug

139

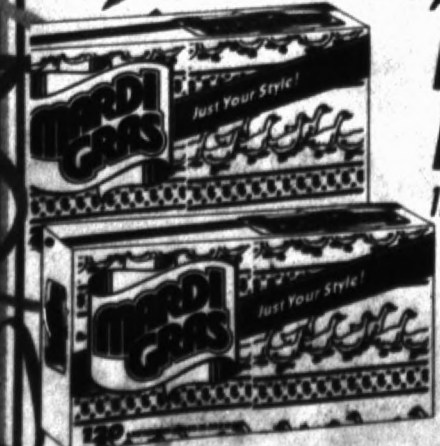


**Rainbow Pine Oil
Cleaner**
28 Oz.

99¢

PAPER

Assorted
**Mardi Gras
Napkins**
120 Count



69¢



**Soft N Gentle
Facial Tissue**
84 Ct. Cube

69¢



**Rainbow Foam
Plates**
50 Count

2 For \$3

STOCK UP YOUR FREEZER!

IGA



IGA Broccoli Cuts
16 Oz.

1⁰⁹



Assorted
Michelina Italian Entrees
8 - 10 Oz.

99¢



Chicken, Shrimp or Meat/Shrimp
Chun King Egg Rolls
7.25 Oz.

99¢



Rich's 25 Oz.
Homestyle Roll Dough

1²⁹



8 Oz.
Stilwell Breaded Mushrooms

1⁷⁹



Breaded Fish Portions 6 Oz. or
Minced Fish Sticks 5.1 Oz.
Mrs. Paul's Budget Line Fish

2 For \$3



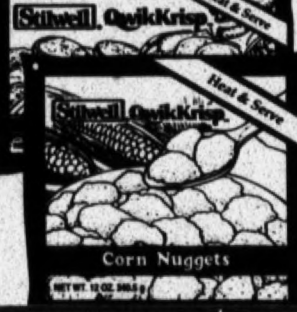
16 Oz.
Stilwell Blackeyed Peas

1²⁹



Assorted 8 - 8.5 Oz.
Yu Sing Chinese Entrees

99¢



Vegetable Sticks, Zucchini, Onion Rings
or Corn Nuggets 9 - 16 Oz.
Stilwell Breaded Vegetables

2 For \$3

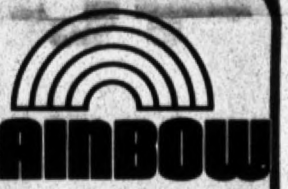


MONEY BACK GUARANTEE

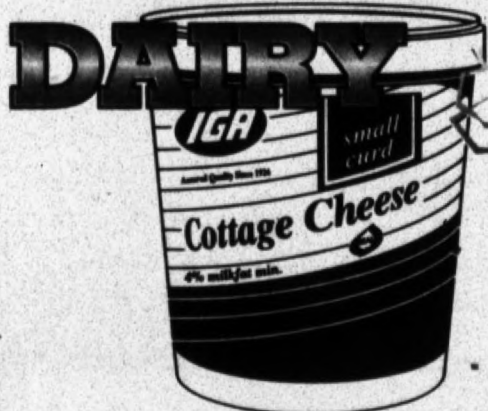
We're so proud & confident about the quality of our store brands that we offer you a **DOUBLE YOUR MONEY BACK GUARANTEE**. If for any reason you are dissatisfied with any IGA, Rainbow, TV or Marquee brand, just return it, along with your name, address & phone number, and we'll give you cash—**DOUBLE** the retail value of the purchase price.



Marquee



RAINBOW



Regular or Lowfat
IGA Cottage Cheese
24 Oz.

1⁶⁹



Real Cream or Whipped
Kraft Topping
6.5 - 8 Oz.

1⁵⁹



Assorted
Minute Maid Chilled Drinks
Gallon Jug

2⁹⁹

LET **KRAFT** & **IGA**
HELP YOU PLAN YOUR
NEW YEARS PARTY!



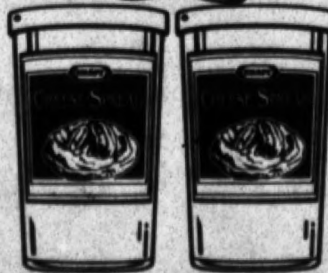
Assorted
Kraft Cracker Barrel Cheese
10 Oz.

2⁵⁹



Assorted
Kraft Halfmoon Cheese
10 Oz.

1⁷⁹



Kraft Jar Cheese
Asst. 5 Oz.

1²⁹



**HOMETOWN YOUR HOMETOWN
PROUD SAVINGS PLACE!**

America



**COCA COLA, 7UP OR
DR PEPPER**
6 PACK CANS OR
3 LITER BOTTLE

149



**CANADA
DRY**

**CANADA DRY
MIXERS**
1 LITER

79¢

SAVE SAVE SAVE



**Fat Free
BLUE BELL
YOGURT**

1/2 GALLON

2 FOR \$5

SNACKWELL'S FAT FREE
**DEVIL FOOD
COOKIES**

199

Nabisco Fat Free
**PREMIUM
CRACKERS**

16 Oz. Box

95¢



FAT FREE
**BLUE BELL
FUDGE BARS**

12 PACK

189

**Watch this area for
future bargains in our
fat-free food selection!
Eating can be fun, and
you can still lose weight!**



Taylor & Sons

Canyon • Hereford



Happy New Year From All Of Us At Homeland

BEEF BRISKETS or COUNTRY STYLE SPARE RIBS



Packer's Trim Briskets LIMIT TWO or Country Style Ribs In Max Packs of 6-Pounds or More

99¢

SAVE UP TO \$1.00

Loin Strip Steaks \$2.99
BONE-IN, Fresh Super Trim, Super Lean Beef

S & F BEVERAGE OF TEXAS, INC.

BEER SALE

Budweiser
KING OF BEERS
BUD, BUD LIGHT or BUD DRY or COORS or COORS LIGHT
LIMIT ONE 24-PACK

24 Pack 12-oz. Cans \$10.99

SAVE UP TO \$4.00



PEPSI COLA

Pepsi, Diet Pepsi or Mountain Dew
LIMIT ONE 24-PACK

\$3.99

SAVE UP TO \$2.30

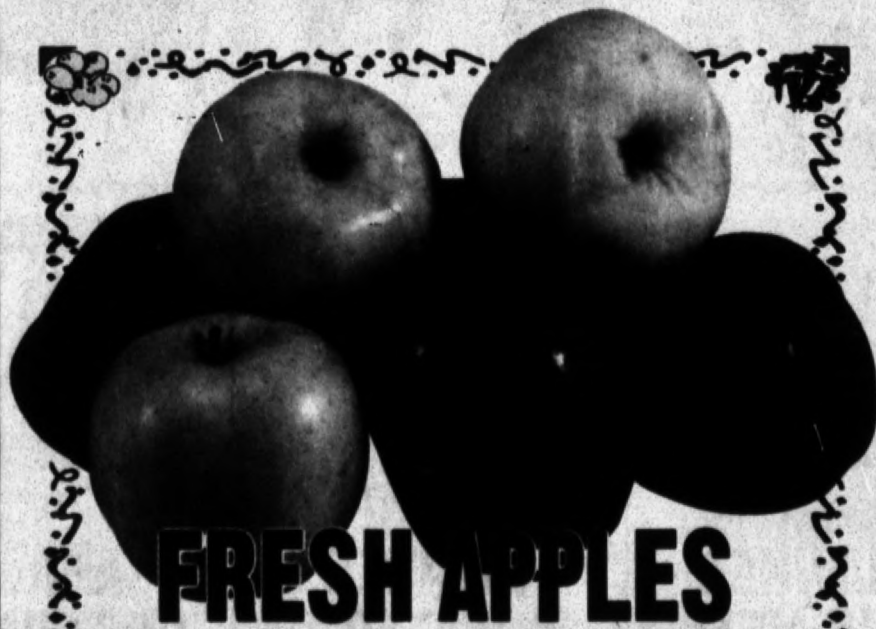
TOTT'S CHAMPAGNE
Brut, Extra Dry or Blanc De Noir

SAVE \$2.00

750-ml. Bottle

\$4.99

24 Pack 12-oz. Cans



FRESH APPLES

RED or GOLDEN DELICIOUS or GRANNY SMITH

2 \$1
lbs.

SAVE 58¢



RED BARON PIZZAS

Frozen 12-inch Sausage, Pepperoni, Hamburger, Canadian Bacon or Mexican Supreme

2 \$5
22-oz. Packages

SAVE UP TO \$3.58



BUY ONE, GET ONE...

FREE!

12-oz. Frozen MINUTE MAID ORANGE JUICE

SAVE \$1.39

HOMELAND DOUBLES COUPONS UP TO \$1.00 EVERYDAY

See Store For Complete Details

4-DAY SALE
PRICES GOOD REG.

28	29	30	31
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AMARILLO, BORGER, DUMAS, PAMPA & HEREFORD, TEXAS 101

HOMELAND

ALL HOMELAND STORES OPEN NEW'S YEAR EVE & NEW YEAR'S DAY

SALES IN RETAIL CONSUMER QUANTITIES ONLY PLEASE FAX SERVICES AVAILABLE IN ALL STORES

 <p>RAINBO SANDWICH BREAD</p> <p>SAVE UP TO 40¢</p> <p>24-oz. Package</p> <p>79¢</p>	 <p>GRIFFIN'S BLACK EYE PEAS</p> <p>SAVE 65¢</p> <p>15-oz. Cans</p> <p>3 \$1</p>	 <p>JIFFY CORN MUFFIN MIX</p> <p>SAVE UP TO 33¢</p> <p>8.5-oz. Boxes</p> <p>4 \$1</p>	 <p>WOLF BRAND CHILI WITH BEANS</p> <p>WITHOUT BEANS 15-oz. Can 99¢</p> <p>SAVE 50¢</p> <p>15-oz. Can</p> <p>79¢</p>
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 <p>TOTINO'S PIZZA ROLLS</p> <p>SAVE 38¢</p> <p>6-oz. Packages</p> <p>2 \$3</p>	 <p>YU SING EGG ROLL SNACKS</p> <p>SAVE \$1.24</p> <p>All Varieties</p> <p>6-oz. Packages</p> <p>4 \$5</p>	 <p>PACE PICANTE SAUCE</p> <p>Hot, Medium or Mild</p> <p>SAVE UP TO 28¢</p> <p>24-oz. Jar</p> <p>\$2.49</p>	 <p>BUGLES CRACKERS</p> <p>ORIGINAL</p> <p>8-oz. Box</p> <p>69¢</p>
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 <p>DORITOS TORTILLA CHIPS</p> <p>All Varieties</p> <p>15-oz. Bag</p> <p>SAVE UP TO \$1.00</p> <p>\$1.99</p>	 <p>HOMELAND SOUR CREAM</p> <p>Regular or Light</p> <p>16-oz. Tub</p> <p>SAVE 40¢</p> <p>79¢</p>	 <p>WHEAT BUSY BAKER SNACK CRACKERS</p> <p>All Varieties</p> <p>8-oz. Box</p> <p>69¢</p>
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 <p>WHEAT BREAD</p> <p>24-oz. Loaf</p> <p>99¢</p>	 <p>ORANGE JUICE</p> <p>Minute Maid Premium</p> <p>64-oz. Jug</p> <p>SAVE 58¢</p> <p>2 \$5</p>	 <p>ATKINS PICKLES</p> <p>Zero Sugar Pickles</p> <p>24-oz. Jar</p> <p>SAVE 90¢</p> <p>\$1.79</p>	 <p>GERBER JUICES</p> <p>32-oz. Bottle</p> <p>SAVE 54¢</p> <p>\$1.79</p>	 <p>BLACK EYE PEAS</p> <p>10-oz. Box</p> <p>SAVE 20¢</p> <p>88¢</p>	 <p>FROZEN SUPREME OR MOCHA</p> <p>2.99</p>
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 <p>CHEF BOY-AR-DEE SPAGHETTI MEAT BALLS</p> <p>15-oz. Can</p> <p>SAVE 27¢</p> <p>99¢</p>	 <p>HIDDEN VALLEY DIPS</p> <p>10-oz. Jar</p> <p>SAVE 29¢</p> <p>\$1.69</p>	 <p>RANCH STYLE BEANS</p> <p>15-oz. Can</p> <p>SAVE UP TO 30¢</p> <p>2 for \$1</p>	 <p>FUDGE NUT CAKE</p> <p>8-1/2" x 11" x 1" Package</p> <p>SAVE 50¢</p> <p>69¢</p>
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 <p>BRAWNY TOWELS</p> <p>Single Roll</p> <p>SAVE UP TO 40¢</p> <p>69¢</p>	 <p>PALMOLIVE LIQUID</p> <p>22-oz. Bottle</p> <p>SAVE 60¢</p> <p>99¢</p>	 <p>GENERAL MILLS CEREALS</p> <p>11.25-oz. APPLE CINNAMON CEREALS or 16.5-oz. GLOSTERS CEREAL</p> <p>SAVE UP TO \$2.94</p> <p>2 for \$5</p>	 <p>BLACK EYE PEAS</p> <p>TOWN HOUSE 1-lb. Bag</p> <p>79¢</p>	 <p>SHAWNEE CORN MEAL</p> <p>Self-Rising, 5-lb. Bag</p> <p>SAVE 50¢</p> <p>\$1.39</p>	 <p>PERRIER WATER</p> <p>25-oz. Bottle</p> <p>SAVE 19¢</p> <p>99¢</p>	 <p>ANDRE CHAMPAGNE</p> <p>750-ml. Bottle</p> <p>SAVE UP TO \$2.78</p> <p>2 for \$5</p>
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 <p>DELI PIZZAS</p> <p>Single Topping</p> <p>SAVE \$2.00</p> <p>2 for \$5</p>	 <p>TURKEY BREAST</p> <p>Foster Farms Smoked White</p> <p>1-lb.</p> <p>SAVE 1.00</p> <p>2.99</p>	 <p>FRESH BAKED HOAGIE ROLL</p> <p>Package of 4</p> <p>\$1.99</p>
<p>HOFFMAN AMERICAN CHEESE 1-lb. \$2.59</p> <p>CLASSIC COOKED HAM 1-lb. \$3.49</p> <p>ORIGINAL or MUSTARD POTATO SALAD 1-lb. \$1.29</p> <p>TYSON WINGS OF FIRE 1-lb. \$3.29</p>	<p>DOUBLE LAYER FUDGE NUT CAKE 8-1/2" x 11" x 1" Package of 4 \$2.00</p>	



Ruffles
More Taste
More Crisp

Potato Chips

RUFFLES
POTATO CHIPS

2 \$3
14-oz. Bags

SAVE UP TO \$2.98



BLUE BELL
ICE CREAM

ALL-VARIETIES
BLUE BELL

\$2.99
Half-Gallon Carton

SAVE UP TO \$1.30

CHRISTMAS CLOSE-OUTS

25 BOWS

50% OFF

SELECTED HOLIDAY MERCHANDISE
WHILE SUPPLIES LAST

BUGLES SNACKS

Corn or
Sour Cream &
Butter

\$1.29
6-oz. Package

SAVE 19¢

HOMELAND MIXERS

Ginger Ale, Tonic, Club
Soda, Lemon Lime and
Other Popular Flavors

69¢
2-Liter Bottle

SAVE 20¢

69¢

SAVE 20¢

PEPSI COLA

Pepsi, Diet Pepsi,
Caffeine Free Diet Pepsi
or Mountain Dew

99¢
2-Liter Bottle

SAVE 20¢

AFGHAN TROWS

WHILE SUPPLIES LAST

\$19.99
Each

SAVE \$5.00

CHRISTMAS MUSIC

ALL AVAILABLE
CHRISTMAS
COLLECTION
CASSETTES or CD'S
WHILE SUPPLIES
LAST

\$2.99
Each

SAVE \$1.00

BAGEL BITES

2 \$3
Packages of 9

LENDER'S BAGELS

Frozen Egg, Onion,
Plain or Package of 4
Cheese & Raisin

99¢
Package of 6

SAVE 37¢

BACARDI MIXERS

3 \$5
10-oz. Cans

SAVE 37¢

VIP COMBO VEGETABLES

Frozen
All Varieties

99¢
14-oz. Package

SAVE 50¢

SPECIAL SELECTIONS ENTREES

Frozen
BUDGET GOURMET

99¢
10-oz. Package

SAVE 46¢

S & F BEVERAGE OF TEXAS, INC. ITEMS NOT AVAILABLE IN ALL HOMELAND STORES

BALLATORE CHAMPAGNE

750-ml. Bottle

\$4.99

SAVE UP TO \$2.36

COOK'S CHAMPAGNE

750-ml. Bottle

\$3.99

SAVE UP TO \$1.60

GALLO VENDANGE

1.5-Liter Bottle

\$5.99

SAVE UP TO \$1.96

BAKED ROLLS

1 \$2.29
8-inch

SAVE UP TO 50¢

FRESH PICNIC BENCH STICKS

99¢
Package of 2

SAVE 50¢

ROUND SOURDOUGH BREAD

\$1.49
16-oz. Loaf

SAVE 40¢

AIM TOOTH PASTE

Extra Strength Gel or
Baking Soda Gel

89¢
6-oz. Tube

SAVE 70¢

ALKA-SELTZER TABLETS

FAST RELIEF

2 \$7
for

Package of 24
Extra
Strength or 36
Original

SAVE UP TO \$1.96

G•U•M TOOTHBRUSHES

2 \$2.49
Packages of 2

FREE

SAVE \$1.49

RIGHT GUARD DEODORANT

2 \$5.50
10-oz. Cans

SAVE UP TO \$2.48

HOMELAND PHARMACY

FREE Computerized Prescription Records
FREE Prescription Transfer Service
FREE Blood Pressure Checks
FREE Crutch Rental (\$20 Refundable Deposit Required)
FREE Professional Pharmaceutical Advice

Shop Homeland For
Complete Selection
of SELECT BRAND
Health & Beauty Aids
and Save Up To
50% Over
National Brands

ACUTRIM

SAFE, EFFECTIVE WEIGHT LOSS
APPETITE SUPPRESSANT

16 Hour
Steady
Control

Package of 20

ACUTRIM FREE

AFTER MAIL-IN REBATE AT RIGHT
HOMELAND SALE PRICE \$4.50

OFFICIAL MAIL-IN REBATE CERTIFICATE

Expires 6/30/95. To get your refund, up to \$4.50, by mail: Buy any formula Acutrim. Send UPC from package as proof of purchase. Your dated cash register receipt with purchase price dated this completed certificate. Mail to: Acutrim PMA \$4.50 Refund, P.O. Box 1954, Ridgeley, MD 21161

Name _____
Address _____
City _____ State _____ Zip _____
Price Paid (up to \$4.50 refund) _____ Store Where Purchased (Required) _____

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BUY ONE, GET ONE...

FREE!

16-oz. JIMMY DEAN SMOKED SAUSAGE or 16-oz. OSCAR MAYER RED RIND MEAT BOLOGNA
BUY ANY ONE OF THE ABOVE ITEMS, GET A SECOND LIKE ITEM ABSOLUTELY FREE!



BUY ONE, GET ONE...

FREE!

14-oz. RODEO COCKTAIL SMOKIES or FRANKS or 8-oz. HORMEL SLICED PEPPERONI or HARD SALAMI
BUY ANY ONE OF THE ABOVE ITEMS, GET A SECOND LIKE ITEM ABSOLUTELY FREE!



BUY ONE, GET ONE...

FREE!

16-oz. MORREL CHUNK BOLOGNA or BRAUNSWIEGER or 12-oz. BAR-S COOKED HAM
BUY ANY ONE OF THE ABOVE ITEMS, GET A SECOND LIKE ITEM ABSOLUTELY FREE!



BUY ONE, GET ONE...

FREE!

16-oz. WILSON JUMBO MEAT FRANKS or 7.5-oz. PRICES PIMENTO CHEESE SPREAD OR GARDEN VEGETABLE SPREAD
BUY ANY ONE OF THE ABOVE ITEMS, GET A SECOND LIKE ITEM ABSOLUTELY FREE!



PORK STEAKS

SAVE lb. 80¢

In Max Packs of 4-Pounds or More

\$1.19
lb.



SLICED BACON

SAVE 50¢

BAR-S BRAND

16-oz. Package

\$1.29

SMOKED HAMS

SHANK PORTION
COOK'S SUPER TRIM

SAVE lb. 21¢

\$1.28
lb.

DRUMSTICKS or THIGHS

PILGRIM'S PRIDE
In Max Packs of 2-Pounds or More

.79¢
lb.

BONELESS HAMS

CORN KING
WHOLE

SAVE lb. 40¢

\$1.69
lb.

SMOKED or SALT JOWLS

PORK
Save This Week At Homeland

.69¢
lb.

BONELESS BREASTS

FRYER In Max Packs of 4-Pounds or More

SAVE lb. 80¢

\$2.49
lb.

PORK ROASTS

BOSTON SHOULDER BLADE
Save This Week

SAVE lb. 90¢

.99¢
lb.

SEAFOOD SPECIALS

MEDIUM SHRIMP \$6.99
IN-THE-SHELL 41 to 50 Per Pound lb.

LARGE SHRIMP \$9.99
IN-THE-SHELL 25 to 30 Per Pound lb.

COOKED SHRIMP \$9.99
PEELED Medium Size, Ready-to-Eat lb.

CATFISH NUGGETS \$2.29
FRESH While Supplies Last lb.

CRAB MEAT BLEND \$1.99 lb.



SAVE 60¢

RUSSET POTATOES 5 lb. **89¢**



SAVE 38¢

NAVEL ORANGES 2 lbs. **2.21**



SAVE 99¢

SMALL HASS AVOCADOS 2 for **\$1.21**

BLACKEYE PEAS

BROWN'S FRESH SHELLED

SAVE 40¢

11-oz. Package

.99¢

RED RADISHES or GREEN ONIONS

Mix or Match

SAVE \$1.00

4 for \$1

SNOWY WHITE MUSHROOMS

SAVE 20¢

8-oz. Package

\$1.49

MINI PEELED CARROTS

Ready-To-Eat

SAVE 20¢

1-lb. Bag

\$1.49

FRESH JUICY LEMONS

Stock Up & Save This Week

\$1.99
2 lb. Bag

MARIE'S VEGGIE DIPS

Save Today

SAVE 50¢

12-oz. Jar

\$1.99

FRESH FLORAL

CHEERS BOUQUETS

Includes 75% A Peaches, 25% Almonds, 25% Peaches & 25% Peas

SAVE \$1.00

Each

\$3.99

ASSORTED PLANTS

Assorted Varieties of Holiday Tropics

SAVE \$1.00

6-inch Covered Pot

\$5.99

HOMELAND

"Apples For The Students"