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If there is an X in this box it is notice your subscription has expired, and an invitation to renew.

Jest some thoughts

Even longhandles, overcoats, overshoes and electric blankets won't keep a person warm in this kind of weather. You need an old wood-burning stove, so at least you could burn up on one side, and that way just one side would freeze.

The suddenness residents experienced in being jolted out of the nice, warm June weather in December is just about too much for the old constitution.

We hope it got cold enough to freeze all the little cold germs, or we are really going to have a bushel of bad colds, all complete with sneezing, sore throats and red noses.

Boy, we had forgotten just how cold it could get in West Texas.

Instead of blowing dust, we have had blowing snow. Think we prefer the dust. The snow gets into the house just as bad eventually, it just takes a little longer to track it in after it melts.

Comes a time when you shiver and shake and the old bones rattle from the cold, regardless of how well they're covered.

This is the time of year when we like direct heatnone of that circulating suit for us. We like to get next to something that's burning and soak up a little of that warmth.

Compulsory smallpox vaccination lifted

Harvest halted by bad weather

Compulsory vaccination for smallpox as a requirement for entering school in Texas has been lifted by the State Board of Health, Board Chairman Dr. Hampton C. Robinson announced recently.

In its official action, the Board stated: "The Texas State Board of Health has modified the compulsory school immunization law which became effective January 1, 1972, whereby the immunization against smallpox is not a requirement for school admission."

Under authority granted by the Legislature (an amendment to Senate Bill 27 which amended the Texas Education Cole), the State Health Department is allowed to modify, delete or add any of the required immunizations.

The smallpox vaccination was one of up to six immunizations set out in the school immunization program. Students had until January 1 to begin immunizations against the prescribed diseases. Imrequired immunizations now for grade school level youngsters are diphtheria, tetanus, poliomyelitis, rubella and measles. Measles immunization is not required if there is a history of measles illness.

The United States Public Health Service recently stated that it felt compulsory smallpox immunization was unneccessary in the United States.

It followed the recommendation of its Advisory Committee on immunization Practices. The Committee pointed to the world-wide eradication program and said: "It now believes that the risk of smallpox in the United States is so small that the practice of routine smallpox vaccination is no longer indicated in this country.

it have gone world-wide, and the efforts have paid off. The number of cases of smallpox in the world stood at more than a guarter-million in 1958. but had remained at about 100,000 cases per year from 1960 until 1967, reports the World Health Organization.

Only 30,812 were reported in 1970, and 1971 estimates are placed at 25,000.

Last case reported in the United States was in 1949. Texas that year had an outbreak in the Rio Grande Valley which killed one person and struck seven others. Almost a quarter-million more submitted themselves for vaccination.

The U. S. decline in smallpox was steady, due to immunizations and surveillance, from nearly 15,000 cases in 1938 to just 59 ten years later in 1948.

The Public Health Service recommendation followed an intensive study into the global picture of the disease.

In 1970, 23 countries reported smallpox and 14 of these were considered to be endemic.

Because of the history of smallpox in this country, health officials say any case occurring here would have to be imported.

A study in Europe during

Graston rites held Wednesday

Services for George L. Graston, 90, were held at 2:30 p.m. Wednesday in the First Baptist Church at Wolfforth with the Rev. J. B. Bitner, pastor, officiating. Burial was in the Wolfforth Cemetery under the direction of Sanders Funeral Home. Graston, a resident of Wolfforth, died Sunday night in Highland Hospital. The deceased had resided in Lubbock County since 1935, moving there from Denison where he lived eight years. A charter member of First Baptist Church at Wolfforth, he is survived by four sons, Roy G. of Denison, William E. of El Monte, Calif., Bobby of Wellman and Charles of California; four daughters, Mrs. H. B. Holdridge, Route 1, Idalou, Mrs. W. B. Tibbets of Colbert, Okla., Mrs. Oleta Jackson of Berryville, Ark., and Mrs. K. P. Baugh of Seminole; 18 grandchildren; 24 great-grandchildren; and one great-great-grandchild. Grandsons were pallbearers.

the past 20 years indicates smallpox would not spread rapidly if imported. The average yearly importation in the decade from 1951 to 1960 resulted in 25.8 cases of smallpox. From 1961 to 1965 the average importation resulted in 16.1 cases and resulted in 2.4 deaths. In the last five years, the average European outbreak has resulted in 10.1 cases and 0.5 deaths, reports the Center for Disease Control in At-"It is unlikely lanta, Ga. that the number of cases per importation would have been this high if health personnel had been adequately protected," reports the CDC, "since almost 50 per cent of European cases were acquired in hospitals.

The CDC said that if smallpox were to be introduced into the United States, it is unlikely it would spread fast enough to evade the containment measures of case detection and selective vaccination.

"Vigilant surveillance and outbreak control are the keys to maintain freedom from smallpox," said the CDC.

Case of Infectious Hepatitis denoted

One of our eighth grade students has been diagnosed as having Infectious Hepatitis. The County Health Officer has advised that anyone having personal lunchroom or rest room contact with this student should contact his personal physician for possible

The harvest was again brought to a grinding halt this week as one of the most severe snow storms of the season struck the are Monday evening.

The frosty winds and blowing snow came in all of a sudden from the north, furnishing biting temperatures of a minimum of 9 degrees.

Some banks were formed by the drifting snow. Highways were clear Tuesday morning due to the high winds, but heavier snowfall and the decreasing winds later in the morning produced hazardous driving conditions when the snow began to stick on roadways.

The harvest this year is the latest on record, with only about sixty per cent of the crops being estimated to be out of the fields at the time this wet front hit.

The gins had many bales of cotton on the yards, and so continued in operation despite the untimely weather. It will take several days of good drying conditions to put the harvest back to full swing.

This has been an on-again off-again harvest since the beginning of December, when farmers were waiting for the late cotton to mature following a late hailstorm in the spring.

One bright side to the picture is the high prices being paid for cotton. Reports are that cotton was up another \$5 per bale this past week on the Lubbock market.

If the farmers ever get this crop out of the fields, conditions should really be favorable for the 1972 crop, with a minimum amount of preplanting irrigation.

TROOP 416

GIRL SCOUT NEWS

We met and made pictures. We planned an overnight stay at the Community Building from 6:30 p.m. to 8 a.m.

In hot weather, we can seem to get cool by the air conditioner, but in cold weather the heat just doesn't seem to penetrate.

From the sounds the weatherman is making, we better prepare for many a cold night in the future, as the maximum lows are slated to be pretty low-in fact, the mercury just might drop out of the bottom of that old thermometer.

So, we shiver off the page for another week.

"The Committee believes that public health efforts should be devoted to assuring adequate immunizations of all personnel involved in health services and of all travelers to and from continents where smallpox has not been eradicated."

The Infectious Disease Committee of the American Academy of Pediatrics also has recommended that the immunization not be mandatory. This of course, would not prevent a private physician from giving smallpox vaccinations if he deemed it advisable.

Only last May the world medical community marked the 175th anniversary of the first vaccination against smallpox.

Continued efforts to fight

Gamma Globulin shots. Incubation period for the disease is thirty to forty-five days.

Levelland County Health Officer reminded Mr. Satterwhite that they do not administer these shots. Also, Lubbock County will not give them unless an epidemic breaks out and then the Red Cross will give them free.

Mrs. Jim Martin spent the Christmas holidays in Coleman with Mr. and Mrs. W. C. Keeney and Mr. and Mrs. J. L. Martin and family. J. L. and family and Mrs. Shaw and children returned home with her for a visit. Guests numbered nineteen in Mrs. Martin's home one evening, including Mr. and Mrs. James Martin and family and Mr. and Mrs. Troyce Sosebee and family, all of Lubbock.

We brought sack lunches for supper. We had a bonfire and a singing program. Scribe, Angela Glenn

TOURNAMENT

The Ropes Invitational Tournament will be held on Thursday, Friday and Saturday. Everyone is urged to attend.

CARD OF THANKS

We would like to express our deepest appreciation for the cards, flowers, prayers and words of concern at the time of the death of our loved one.

> Mr. and Mrs. Glynn Braden and family

Mrs. Buck Cate, Mrs. Wilson, Mrs. Bess Tubb and Mr. and Mrs. Otto Sims attended the Saunders reunion in Plains recently.

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IRS SAYS 4TH QUARTER ESTIMATED TAX DUE

The deadline for final payment of 1971 estimated Federal income tax is Monday, Jan. 17, 1972, Ellis Campbell, Jr., District Director of Internal Revenue for North Texas, said recently.

Some persons may have to make an amended estimate by January 17 if their income changed substantially during the last quarter of 1971. Space to compute an amended estimate is provided on the worksheet contained in the estimated tax package received by taxpayers for 1971.

Other taxpayers may have to file an original 1971 declaration on Form 1040-ES by January 17 if they just met the

filing requirements during the fourth quarter, according to Mr. Campbell.

Payment of the last installment or the filing of an original or amended declaration otherwise due January 17 is not required if the taxpayer files his 1971 income tax return and pays all of the tax due by Monday, Jan. 31, 1972.

Due dates are different for farmers and commercial fishermen, Mr. Campbell said. Publication 505, "Tax Withholding and Declaration of Estimated Tax," furnishes additional information on this subject and may be obtained free, in person or by mail, from your IRS district office. FARMERS MUST FILE

SOCIAL SECURITY REPORT

Farmers have until January 31 to report Social Security taxes withheld from their employees' wages during 1971, Ellis Campbell, Jr., District Director of Internal Revenue for North Texas, said.

The reports should be filed on Form 943, Employer's Annual Tax Return for Agricultural Employees.

Mr. Campbell said that any farmer who pays an employee cash wages of \$150 or more a year must withhold Social Security taxes. These taxes must also be withheld on wages under \$150 for any person hired 20 days or more a year.

For tax purposes, a farm employer includes anyone who furnishes and pays workers to perform agricultural labor on his behalf or for someone else. Mr. Campbell said a "crew leader" is an employer under this definition.

The 1971 Social Security tax rate is 10.4 per cent of the first \$7,800 of taxable wages paid a farm employee. Half the tax is paid by the farmer and the other half by the employee.

Farmers must give a W-2 wage and tax statement to every worker they pay \$600 or more a year. Employees paid less than \$600 should receive a statement covering their Social Security taxes, Mr. Campbell said.

More detailed information is available in Publication 51

(Circular A), "Agricultural Employer's Tax Guide." Send a post card to District Director, Internal Revenue Service, 1100 Commerce Street, Dallas, Texas 75202 for a free copy.

Mrs. Ruth Black is now recuperating in the home of her daughter, Mr. and Mrs. M. F. Landwer, Box 5123 North College Station, Lubbock, Texas 79417. CARD OF THANKS

We would like to express our thanks and appreciation for all the nice cards, flowers and every act of kindness shown us during my illness.

May God bless each of you. Mrs. Ruth Black Mr. and Mrs. M. F. Landwer

Brady Beaty, son of Mr. and Mrs. J. D. Beaty, is on the sick list.

ROPESVILLE CHURCH OF CHRIST

Schedule of Services:

Sunday Bible Classes	10:00 A.M.
Worship Hour:	10:50 A.M.
Evening Services:	6:00 P.M.
Wednesday Ladies Class	8:30 A.M.
Wednesday Bible Classes:	8:00 P.M.

IMMANUEL BAPTIST MISSICN

Jesus Sepeda, Pastor

Jorth Timmons	Ropesville		
WEDNESDAY PRAYER SERVICE	8:30	p.m.	
EVENING WORSHIP	6:30	p.m.	
TRAINING UNICN		p.m.	
WORSHIP SERVICES		a.m.	
SUNDAY SCHOOL		a.m.	

We Sell United Methodist News Service FIRST UNITED METHODIST CHURCH Install P. O. Box 147 Phone 562-3881 Finance Ropesville, Texas 79358 'Located on the Lubbock Road" And REV. CARROL M. JONES, Guarantee Pastor **ELECTRIC** Sunday School10:00 CHURCH Morning Worship 11:00 WATER Evening Worship 6:00 **HEATERS**



Just Match any 3 numbers on Dollars and Cents Any Match Wins. Sorry, Only One Winner a Week





Home highlights

By Jewel Robinson

WEIGHT CONTROL FACTS Are Many People Overweight?

Approximately 40 percent of persons in the United States above 40 years of age are believe to be obese. A person who exceeds his desirable weight by more than 20 percent is considered obese. WHY PEOPLE

ARE FAT

1. HABIT-One of the most common reasons people are fat is because of habit. You form an eating pattern when you are young and active. Although your activities generally decrease, you keep on eating as though you were still young and active. Many people who have walked to work, done much walking on the job and been active in sports are now driving to work, sitting at desks and driving home, but eating just as many calories as when physically active. Gradually the extra calories have gone to fat.

2. SOCIAL EATING is the downfall of many. In the American culture, when you wish to be hospitable, you offer food or drink.

3. INACTIVITY, or lack of exercise, is another reason why people are fat. Whether you gain or lose weight depends on the balance of calories and activity. To get rid of one pound of fat you need to lose 3500 calories. You can lose one pound a week by cutting out 500 calories each day. You can increase your exercise to up to 500 calories, and get best results when you do both. Studies in Iowa showed that fat women actually ate less calories than normal women but since they were less active physically, they actually needed less calories. It's easy to let the fat creep on as you gradually become less active.

4. LACK OF KNOWLEDGE -Some people do not know how many calories they are consuming. You can get calories from both food and drinks. If you know the calorie and nutritive value of foods you can get much better nutrition for less calories even when selecting from the menu at the drive in.

5. BOREDOM often causes people to overeat. Much eating has an emotional basis. How many times have you eaten food you did not actually want just because you were bored? One homemaker said she always became bored with



Fall is putting a chill in the air. Time for heaters and time for caution because of an odorless, colorless, tasteless gas called carbon monoxide. This gas can lull a person into unconsciousness before the victim knows he'll in trouble.

"Each year in this country nearly 10,000 persons suffer carbon monoxide poisoning," says Texas Health Commissioner Dr. James E. Peavy. "Nearly all require medical care or hospitalization. Each year about 1,400 persons die as a direct result of this deadly gas. In 1970, some 30 Texans died from carbon monoxide poisoning."

About 70 per cent of the deaths occur in the home. Most deaths occur in the winter months when the hazards are greatest due to the use of heating devices and fuel burning equipment. In recent years, however, many deaths have occurred during the summer, because of the increased use of air conditioning. That may seem contradictory, but the fault is in the air conditioners' air return systems which may be introducing carbon monoxide into the home.

A recent study reported by the U. S. Piblic Health Service Injury Control Program illustrates the potential ser-

result, each spring she had gained 10 to 15 pounds which she had to take off. Hobbies that keep you interested may also help keep your weight normal.

6. FRUSTRATION-If you have had a rough day you may try to relieve some of the feelings of frustration by watching TV and eating a box of chocolates. You may associate food with love and affection. Perhaps when things went wrong when you were a child, your mother comforted you by giving you foodso as an adult you still eat when things are tough. Food is closely tied to our emotions.

7. HEREDITY-The entire story has not been written on the relationship of heredity to overweight. Pernaps you just inherit a mother that is a good cook. Other people may come from a family that gains weight easily. One special breed of mice has some offsprings that are obese and some that are normal with each breeding. You can restrict the diet of the obese mice or force them to exercise and keep their weight normal. However, left to their own devices, they always become obese. If you come from a family that has a number of obese members,

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FOR SALE

HSCELLANEOUS

FOR SALE-Watkins products.

vannila extract, black pepper

are on hand, other items avail-

able by ordering. See Mabel

Hobbs or any other Tops mem-

ber.

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Early symptoms of carbon monoxide poisoning include yawning, headache, nausea, dizziness, ringing in the ears, and abdominal pains. Gaspy breathing and unconsciousness quickly follow. The victim should get fresh air immediately and he should be kept lying down and warm. A physician should be called promptly, and inhalations of oxygen or oxygen-carbon dioxide mixture administered.

Since the nerve cells are involved in the poisoning, temporary or permanent damage can be done to the brain, with serious disturbances of vision, hearing, speech and memory.



iousness of the problem. Forty per cent of the homes and establishments investigated had one or more appliances that were emitting unduly high levels of carbon monoxide. About one-fourth of these appliances were discharging gas in amounts exceeding 200 parts per million units of air-a very dangerous level.

Gas range ovens, gas floor furnaces and gas space heaters were the three leading appliances inspected which were emitting carbon monoxide. The study clearly indicated carbon monoxide was emanating from many different sources and was very difficult to detect.

of the variety or because they are over-mature. On the other hand, poor appearance may be due only to color or superficial blemishes which don't affect eating quality.

Rough handling in selection causes spoilage and waste for which consumers as a group must pay.

PEPPER JELLY

3/4 cup finely chopped bell pepper (use knife Small amount of red pepper adds color)

1/4 cup finely chopped hot pepper

61/2 cups sugar

- 11/2 cups cider vinegar
- 1/4 tsp. salt

1 6-oz. bottle certs 2 or 3 drops green food col-

oring (Use knife to chop peppers! Have on gloves before chopping hot peppers).

Directions:

Combine peppers, sugar, vinegar and salt. Bring to a hard boil and boil one minute. Set off heat for ten minutes. Add food coloring and certs, quickly stir into mixture and pour into jelly glasses and seal.

Mr. and Mrs. Bill Berry had as guests over New Years their grandsons, Timmy, Alan, Jamie and Richard Berry of Lubbock.

Would you help Texas honor a Rural Hero?

If you know of anyone who has risked his own life to save the life os ome other person, your nomination might win that person a trip to Dallas and a nice plaque on March 20, 1972.

The Rural Heroism Award is presented annually to some deserving person who has performed some act of exceptional bravery during a time of crisis. This rural safety program points up the continuing need for improved safety conditions in our rural areas - at work, at home and at play.

The award may go to a person credited with pulling another from a burning building, saving a drowning person or any other such act of heroism during the past calendar year. Anyone knowing of such. an act during 1971, is urged to submit a nomination for this important award.

Nominations should include a narrative of the heroic incident, giving full details. It should include the names of all persons involved. If available, newspaper clippings and pictures should accompany the nomination. The award recipient will be chosen by a panel of judges, based on the material submitted.

Deadline for entries is March 1, 1972. They should be mailed to: Rural Heroism Award Committee, Texas Farm and Ranch Safety Council, P. O. Box 489, Waco, Texas 76703.

The 1971 recipient of the Rural Heroism Award was Mrs. Martha Cook, a Rising Star, Texas, farm wife who saved her mother-in-law from an attack by visious sows in a barn yard.

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Celeste Thomas Publisher Editor

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you will probably have to watch carefully to keep your weight normal.

WHAT WILL HELP MOST? 1. RESIST - Push firmly away from the table before you overeat. Learn to say no or no thanks. Avoid highcalorie foods with relatively small nutritive value such as pies, cakes and doughnuts.

2. EXERCISE-The regular exercise you do each day like working in the garden, or reaching and bending of housework, counts over a long period. Exercise not only uses up calories but actually keeps your muscles in good condition.

SHOPPING FOR

FRESH PRODUCE

Shopping for fresh produce requires special knowledge on selection to make the most of your food dollar.

Buy only the fresh fruits and vegetables that you need. And never buy more than you can properly refrigerate and use without waste.

Low prices on fresh fruits and vegetables do not necessarily mean a bargain. Unless the price is low because of abundance, the so-called bargain may be undesirable. Frequently, poor quality items can be bought at a reduced price but be sure the waste in preparation doesn't offset price reduction.

Size alone is not reliable selection guide. Large-sized fruits aren't always best or most economical, especially when there are small children in the household.

staying home during cold winter weather, so she always baked cakes and pies. As a

Political Announcements

The following candidates announce for office, subject to the action of the Democratic Primaries May 6, 1972. COMMISSIONER, Precinct 1 Billy H. Jackson Sam Langford

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Learn to distinguish between defects that affect appearance and those that affect edible quality. Some items with an attractive appearance may have relatively poor eating quality because

MEN NEEDED in this area to train as **ESTOCK** LEARN TO BUY CATTLE HOGS AND SHEEP at sale barns, feed lots and ranches. We prefer to train men 21 to 55 with livestock experience. For local interview, write age, phone, address and background NATIONAL MEAT PACKERS

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