## "Miss Black Lubbock" Will Be Chosen Saturday <br>  <br> \section*{Early Promotions for Army Recruiters} <br> 

## Longtime cirizen: T. S. Jamison Dead At Age 71

## A Blaci mair who was a buyires is diad at 71. Hewalt, I.S Iamison a loogtime resident its. jameng was lare if 



| graduates of Estacado Highin Sctroot Britget Craves aind |  |
| :---: | :---: |
| Ardetata Giibert, May graduates of |  |
| Oimmar-strugos Hrigh School |  |
|  |  |
| Tecil Universily, ard Silva |  |
|  |  |
|  |  |
| studenk at Teras Tech University. Direciors of the |  |
|  |  |
|  |  |
|  |  |
|  |  |

$\qquad$

## Afro-American

 Folklore System
## Lubbech - Frlklore which Bartara $L$ Green says slaves

 provited an oductiton for blacks secured an edocation through a in the Antebellu South, wher on- folkiore system created to traingother means welf available, may a children alid cublion the theck of other means weld available, may contemporany meluctiot one Iexas fach history Protassor


## 

Albuquerqua - frimy effer ealy promotiois to Pivate

-     -         - 


## An Open Letter To Black Voters

"The Truth Ahout the Lubbosk Ccunty Jachison Delegaticn Welk vul' To The 'Upreyt-end Sadden' Bleeding Hart Delegate
Dant Efitior






 imp", shisis ruming truetu form For shis is notorious for malliputation sa a llistier of social oraits to line hien oun pockets for years in East
 hap haricar delegates were "Tromicer" a celenate to the liational converyine in Sain Francisen, CA, provised that ke bettome. Hart
delegats first. Wio know tistory on promises, and writen traties. Wr,
 pon should feed even worse, bectuse your sir, have inderf feen used by woing pastik with false iniomation wr. Kesterson, 1 would have a oot mere rspoct toy you if die eeter tiag been your Privale Opinion". But In vies of the faci that your letter appeand in all three miniority

 losed yat somed
tus teil our Cumaty whit wr kestison supporteris and ail the people en Lubbcik
 Frumin Bin Seringi ch 88 delegates from Ecior county, and 2 didegates




 as Gay liart thieqats. Ther would be "No Compromise", and wn The totel count in the District was

## 

A 12 years olf coild sex that the dadsan delegrano and the
 ave parsuaded tit lacksoand and the Unconmitted so ralight they coule Thif fat that the lackson daleydes could not ton manipulated is what











[^0]
## 0IC/A Receives Award



At. Louis, mo - ihe viewed by ove a quarier of a Ailoloh Cocrs Company resented Eiton Jolly Mational Executive
Oinector Dic/A and D. Loon
Silliven Dicia Fonder Board Cliaiman a painting of
Niittin W. Bitbs, the first Black in the U .3 to be clected City ludge scries of mitiostar Heitaige Smiles on en elitioit

$\qquad$
industry information. He trouge the oicif computerized
interviewed interviewed potetion.
applicants
jot a
job applicants for a wide spectrum of applicants for a wide spectrum of
orinitis at forors. tot chtimotit opanemed from a fars wide tatityorites
rangeed inam


 by Betindans, Willians was was assistal teerniter fromm the Persoonsel


## Photos of 1984 Juneteenth Activities



## Mortgage Limit <br> Increases for MUD

Page 2, Southwest ulgest, Thuradoy, July 5, 18e4

Soclei Security Tips
Your Social
Securlity And You

## jumition <br> vientectinum

## Reporting Earnings

Prople getting Social Secuity berefits who whic are reauired tiv atimate their popjeted deanings as accurately a possibite and to fetpon
 fuing the course if the year
Escess earniggs under the aniwa Tretirement test are the vriman रsse of overpayments More lhan one mililion people were ovepaid
 Peoole must tite an amous reant of earaings at the wid of axabie yeat. At that time the amount of benefits due tor the , ear is
 paid the aporopriate amount. Onount of the overnayment the pron is founc ob lave Deen overpaid, the ave to be itpaid
Feor wist informaticen about how work afticts Social Security benelitis, can be ottained at the LUbiock Social Secarity Office, locatel
at 1611 10th Street, or phone $743-738 \mathrm{~L}$.

## - Computer Operatar -

KLLL-KEND Radis is now takina appilications for a fuli time computer operator. The position requires keypunch experience, tyeing and 10 kej proticiancy
and includes geneiai office duties. Hours will be $3: 00$ PM to 11:00 M. Apply with Debuie Goolsby, 70.1911 from 9:00 AM io 5:00 PM Monday through Frida KILL-KEND is an Equal Opportunity Eiployer

## - Opportunity -

TELEVISION PROGRAM MANAGER: Educational Television has an openligy for a Manager of Television Programming. Requires a achefor's degree in telecomi, Master's degree preferred or related iield. experisncs in broedcast proviction years of inctuding a demonstrateo knowledge of obudgetiitio, inventory control, and other fiscai management. Apply: Texas Tech Universisy Persennel Office, Drane Hall - roum 1d3. "EQUAL EMPLOYMEVT
OPPORTUNITVAFFIRMATIVE ASTION EMPLOYFR"

## - Meip Wanted -

Agental!
Lubhock, Amasilio \& midiand
Disciplined Representative to sell insurance and menage industrial debit. High activity level needed. Applv to: Atlanta Lite Insurance Company. District Manager E. L. Elliott, 504
East 23 rd Street, Lubbock, Texas 73404. Call East 23rd Street
(806) 744-7325.


## C

NAOMI SIMS colicedion
5
Aby Tand
763-1106
OORNER OF ENOADWAV \& Tiske

## KC.PPA's Protest Aetlum of Cluil Riphts Commlasion



## 

## Minority Contractors Wanted

##  


 Tass 23 rd Sirreet, Lubbock, Teras 79004

## DDRESS:

Summit Hoskh stil. yas gegimed Luhhech oroa natil is Monely to who the
 For sorther Intormatlon rogarilad wocetivj Employment opporitaltis? of any of our persons


Epmmphlty Rpeplial of Lubbock
 $785-5301$


## There are a lot of ways you can save on your electric bill ...

Call us todiay.
We want to help you conserve energy

## SPS




## EDITORIALS COMAMENTS O OPINIONS

## But What If We Do??

## Hesio p. Hilioneratoon

 Previden and some of the otire vortiers and situris tecand diplimats.





 aftrat for siratit caild mol bex pose











 scial all fave nomery.
What wind hypen it mo becare produgirs as wull as
 What would happen it $w$ started loving, tistining iox rispectimy tron within pur ome communtik






## Business in the Black <br> By Charlas E. selle <br> 

## Black Amaricans Have Suppor Ready

 Demoeratic Deseriers Cozto HomeIn the Presideris budget necsang back in ribbury 1980 , he had the awdacity tu ask ter atincresse of sii perceta. Finy percont mose than uloditive offices Une puidered twanty one milisa dot ars to begin

 goup hef las given the crpus af dough to the high income class
 sat the liget to untuad this buriden in loventer.
Women wilie not in love eitht theprosidena voted only slifirity less than men fur thim in 19\%2. A mistake la peneral, women teno stronges to asortion and the equal rightis anneodment. A tous matiers which the fresideat las permaneilly positioned limself on their wrong side. Since
 Tssidant will brak even is ilovember.

## Seuthwest Digest

 O. Box 2553Editors - Publishers
An Andepeadent newupaper serviag the kut Aekh, west Texas, the South Platint of Toren and hatirn Now Mentes. printitet the mewn tmpar: tiatly. ampperting what it belleves to be righe
and oppoatag what it belleves to be wronis and oppoatag what it pelleves to be wrong Induatrial, Educatien, Soclal, Politieal sud Fepnomient Advovecmet t of Bliek reeple. Yes unay be eritieel of seme thinge that are
Written, but, ati foest you will heve the satiofecWeltten, but, aticest you will hrve the satiofee-
tien of knowlina thay are truthful and to the peimt.
Foeslo will reaet to that which to prenles, and the will publish these artielles as procleely and
 sive croalt and respect to shose whio ari Coling pued thimse for the Lmbilitech Area and rine peritieal of theve whe are not delags as thog' have vald they would, and zhle, we thint, 4 thitr.
Beskhle our resolution ko your "Foel iree at anytime to call zhls eftice foe informarion gen-
errating thib newspaper or any othar-matter that te of csecetre to yov."
Thits ts met a preppagande where mine to ehartive "- vithlify. This to e nemenegtr ppade to nducate and ant so cuthese.
Mleek Meale, Iac

Mleek Mealte, Jie

New York, M.K. Heesy


8NNPA FEATURE

## CAPITAL COMMENTS

John W. Lewis, Ir

Wathlagicon - iaconty years ago the us. Congrass passod it andmark 1964 Civil Ringhts Bill, legislatior which has radical
 randated efoi acoest to puilic arm, Presioxitics Lypoon joinso astanos of employment fisserimiastion axd providen for thie denial of pexict funds to institutions that discriminate.
The legislation also aithorizel the lustion lapartmoct to sue deseqragatit schools and iublic facilitics and calied for aftrmative
 3ograms, is sur one of the Whithe Hovse "window dressing" women what re appoiffed to deliver had rows to wommen and oftier miliovitive Making telieve a fou burts' can lo saves from paper work text mpanies ace to bo acta a polices their own alfirmativg action
 andom ciecicing on their complianco pasformance for fypto as much five yeast Ruming thaif the womaen and all of the minoritis ofi of per lever jots for years to cima
ction nunfas of ammian, leass may not cuine to the supper. Aftirmation
 S80. It is not likely they will syin fhis we ie resicants tuctivan
 rgues for their contimued defection ever thought the ine inciatiop stili rands fo- thene to oion their "rceqting" trafition Demematic allize Alss, Roman Catiolias can come honie for they are most in netedvi the supper. Since they too desestrad the Denmeratic Patyy in 1800 tor the come nomes thinse of lassar's coing in their low to hioderat ncome grosps their mumbers have been deaxgrated by fewe dollar. income has finaliy been recogized as the reaity. There ate fewe Imilts in the midefle intemt gromp totay thar whimity fresidint firis ook offige the tex cut has cleaty benditid the ith and not the low and midate inesemg grayp whene most af the floman Catholic yoter of Lare cuphoards were Bleak Ancericass Kesping houea has it afvariages. "Cher" lesso will amourco the meneru at a news confarienc:

## Chlld Watch

## Warian Wright Edelmain As 5xpectations Rise Oppertunity Reclines


 fitit our thilirin mill filist colice
























 iqialy seppyated
 and the pyctalopicar daramee dne ty the oppiresive Southicil laws The lorth howiver, was qually gility


 lack oullejes


 Firilich is erit

 ckson's Campalg
Jesse lackson is welceming enthusiastic support for tis historic prsineatial campaign from the Aral-Anerican crmampity. Over meryuay.
One of Jacksor's five deputy canpaiga manapers is James Zonby, the uncultive director of the zu, wu member American-Arad Discrimination Compiittay jadson is the fist majur presidectial candidate tocourt the Campaiglt
tackon continues plans tur a mass demanstration of I ation and U.S. pouth on the US. Wexican torderf Huly 4tr to oopaste Readeni $\}$ polifies if Cantral America He saio ling maral movic of in the tralition of
 nut Jear' march to Jursalem" lacisoc, noo has itaivod "privati
 diclomatic melations with Cutre.
In attermat to minimize conflicts amony blacks at the Democratic
 the presidential race Several thack Defnocratic politician have met if weent neks to courdinate strateyy aimue at diluting latsoor's

latsson end liar cangaipn workers have combines fores in sems states to win adiitional dellogitys. Dey have also combined voles C.tyy


 2id Pofo to Atlanta Mayor Midrur Yoing
trom familis witb iccames abohe ite povify levil conpliti nipt
 bilow mity youth










## The Bell

by Bot Tlozul
 prositaina:



















 RW, Collins, There are many cigur reades who would syy tha not ray thing the femef my thaye dianged bot the pod temitre aboit in wize










 our ministry and tuis has byan rye thai. We intend to keep ellinem









## Letters to the Editor

"haquest Far Assiatance" Das Eitior

We the members ot tur yropip knom a ste "Enodss" have flima a



 miten its wisisicima




 yocuctants of namy yerars of petintial imiviviaial ind tamily




 sombistior and prats.






 Thants in advumce for your time and memeilera.ais

## "Jackson Dafegate Upsef"

##     

Pape 4, Southwest Digest, Thureds\%, Jity 5, The

THIS N THAT


- opportunity -

AOSSISTANT SUPEBIN. TENDENTOF HORTICUL
TURAL SEAVIGES: Stanting Salary \$1.082 administrative work in carrsing out a city wide
torticultural tiorticultural program.
An applicant will work An applicant will work
with considerable Wlith considerable
latituds in making independent judgements under the general supervision of the Superintendelit of
Slorticultural Survicas IIorticultural Services.
Work involves sudervis. Work invoives supervis-
ing a staff and other ing a staff and otner
nursing peopie. Degreee nursing peepiee eagree
in Horticulture orrelated field, 4 yrs. experience in plant propagation and
the cere and mainlenthe cere and mainlen-
ance of plants including ance of plants including
2 yrs in a superivisory 2 yrs in a superivisory
capacity. City of San Antonio, PO Box 9066
San Antonio, $1 \times 78285$.


## citious Quarter Days

Every Saturday during the month of July, you can ride Citibus for only 25c. Go shopping, to the pool or to see a friend, and pay only 25 el

It's your connecting Ink to the tuleqhane network.

This piastc box is a " network inter-
tace." That's where you join the local phone network, which can also connect youlo a long dietance network.
It's this box whare we terminate a pair of wires from our switching senter to your esidance. Thats lechnically where our :
service ends, but not our concern for our service ends, but not our concern for our
customers. We want you to understand he importance of this interiace device and the other changes which have taken othat you he beakuo of the Bell System anioy good telephone service. The network interface is being installed on the cutside of most new homes, usualyadjacent to the powe-meter For others t may be found on the wall of a walk-in Closet, a tutiity room or garage, South-
western Bell Telephone bsan installing hetwoik interfa ces in 1982, therefore wis ing installed prior to 1882 may not have network interiace. Unloriunately, not ai of the oider nelwork interfaces are exact okja-likes, but ihey are similar at least three options on how you hande isistaiation and repair of hinside waring and jacks to your telephones:
(1) hira Southwestern Beil Teleptione to do it
(2) hire another contractor

## for save the money by doing the work

yourserf.
Mumerrais are readily availabie from
If you choose Southwestern Rall
Telephone to do the insple work. you both time end maltrials." Premises Work

Charges are biliec according to the time required to do thra ich.
Heris is Southwestem Sell Telezhione's schedule of charges. Phemses wóar



These charges are similar to thosed
made by other service personnel for work performed on customers prem-
ses. Rememher toen that entiln ses Rememher too that whilt inside
viring and the workmanship required to instail or tepain it may be obsained from
many sourcesitoday. wetie stili in the many sources today. we :ie still th the When we complete the work you get maltunctions from the drte ot installatian or repait for yout convenience:
keep your Southwestern Bei Telepty varranty handy. We sincerely ho,pe this information will
be helpril to you in the tutiute We kanw be heiprui to youin the tuthith. We know
most of our customers still have a lot of questione about the changess which While we are nc lince divestriture or every tacet of your telephone service qur only business. Aller ahf its ATBy We coming veeks, we will be reviceving
other information youll heed to herp y niderstand-and enjoy - - the benelits


Page 3, Southivesat jigest, Thuroday, July $\mathrm{E}, 1 \mathrm{~A}, \mathrm{~L}$

Sheridun's Ride.


 ase 1 in 21 .


 tapilty. It was a stimilap pratuction











 ili survive hopetally.
Wilson Loses Sult For

## Vacant Buard Seat

Now York - A lles York State Supreme Court jespe Bush Wilson. Iorme claiman of Directors, which cointended that she was elected a director of the Association last Jakeary, Slie
 Diracters, Wilssan maistainad that one of tinint cancidiates who were the boord lands kemip of
 the nation were votiog. Sinimat the that oaly members in gooo standining are eliqible to serve as direstors, he maintained that Mr. Sarly Promestions conkec from Pagor 2 anc enistineit tjansess of ip
to 58900 "aconting of to Maj) vithace hawars" accing cminmander of the US.
Arry Recruting Batalaion
 crabuates wion serese in the top Qualification Test Batalion Antogurgut-Resesviting Regalar Aminy and Amy Reseve rocruintias of Texas and the entire state of liew Mexica. is arailable to to yoterg ment and Sept $30^{\circ}$ Rawalt statod "The neen soldiers have the option of poing directly into the Reyular Entry Piogram, wiere lity have active duty."
cenul of the military occuipation specialties it thit
58000 enistment lonist pactape ase from the etectoonic warfatil
 sacid liany dilferatit miilay
 ealistument nust be for a tour-
 Toun fecruites can alsooftue $\$$ scom bonus for three yar, plus
 Cohort unit, similas to thi a yupup of nocuits til tios topitior and hont is teriover overise as a unit' penction furfion of the es
 maine packaje is in aidition : same vey exciting aistion Wi co alfur qualifici youtho net and wemest he Arev folle yumentate in 10 equito to Pmistitume revation a tion a proticula shat and ing





BEDDING SALE
Bedding built in Lubbock with South Plains Cotton

|  | Aepuilh | Thrilty | Mid Price | Our Pesi |
| :---: | :---: | :---: | :---: | :---: |
|  | Set | Set | Sot |  |
| Twin | \$99 | 599 | \$1/9 | 523 |
| Full | 89 | 129 | 169 | 299 |
| Queen | 129 | 169 | 239 | 399 |
| King | 159 | 199 | 299 | 499 |

DIREGT MATTRESS CO.

People bringing about good things for themselves and others.

Plains Cooperative Oil mill
2 eot Ave. A, Lubbock

Housing Plesrimination Spttie

## by MAMEP A 2tarract Gity

Elnanus are fhe qatlon's mest popular irsah inult How Yert - The wure ont zows is Stantt cty iant in lergest producer of bananas. The averape Amberican
 Susto ofler Yontzamonuctad of saitlempor har betm ructer in
the flyn-yase-0id boising Ihis apremeit, which fouth
A. P. W. F. Tes - Members of the Lubbock Chapter of the Businass and Professional Womca's Foderation held a recruitment tea Saturday, June 30.
1984 in the home of Liz Lovetio, 2640 East Baylor 1884 in
Avenue.
One new member, Atfra Johnson, was installed. Donette Williams, secretary of the federation will Dne new member, Alfra Johnson, was installed a the meeting by members.
Donette williams, secretary of the Federation, will work at Lubbock General Hospital as a paysical Tech University Tech University
tauterdate, president; Alfra to right: are Marlene Betty Johnson, finanre secretary; and Willie Atkins, menibership chairoerson.

The State Agalmst Black
SOUTE PLAFNS FUNGRAL Ftome; INTG. FUNERAL DIRECTORE

With Dignified Personal Service
Emina Thornton - Leo二 Meltore
Owners
1715 East Broadway
$763-5066$
"We Ara Not Closedi"


Night of winning ! MHNT
BLUE MONDAY BINGO JULY 9 th


| 2 DREAM TRIP GAMES <br> LAS VEGAS - AND THE EAHAMAS | carlybird |
| :---: | :---: |
|  | REGULAR GAMES $\$ 100$ each |



The topic's bern covered up one side and dorvn the other. Reports tell us that over half of our
high school graduates can't even write a simph letter. Can't thraduates can 't even wrough the most basic loinds of problems, And therefore, aren't adequotely prepared to join our country's work force. enough dismal findings? Isn't it time something was done?
Yes. And the fact is, every one of us can ryp. Many already are-individuals small
iusinesses, larve businesses and ali Iy organizations. Here are just a fow ways:
 - attend ehooi meetings wrun for school board - support school band issues donate time to
school libraries a urge elected officials to nush


ASTRO/NUMEROLOGY
AND YOU

## The KITCHEN BEAT

| Over the last two week; e've taken a nimerical ook at the factors that ould possibly affect missg children. As Numerol3y and Astrology ate condered "tw.is" in the ocult sciences, a group of umerologists began to udy the other side of the rvey-that is, what role uidd the stars have to do th this awful phenomon? Let's look at a sample uestion. <br> uestion: Astrologically, trich todiac sign had the ost missing children born tder it? <br> iswer: When studying the diac signs in our sample, was found that the sign of ancer was highest on the t. In Nenerology the sign Cancer is ruled by the mber 2 (which was secd highes: on the list). Asologically, "Moon chil-en"-just like its number counterpart-is by nature endly, kind, sociable and vally casy to approach on st meeting. Out of the ty children, seven were n under his sign. Next der this category were urus, Virgo and Scorpio ildren, with four each. <br> NNOUNCEMENT <br> By popular demanki, the ok "NUMBERS AND OU' by syndicated ca: kisy Lloyd Sirayhorn is $w$.vvailable in paperback. ordey your copy of this ant ifil soft-cover book on |  |
| :---: | :---: |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

Afro-American Folklore

| 6. Vemerology and Missing Children |  |
| :---: | :---: |
| 55.00 dius 51.00 for pos. | BORN: Henry 0. Tanner. |
|  |  |
| Depd. $\mathrm{R}-136$. |  |
|  |  |
|  | unp will be laden |
| ARIES-March 21-April 23 | and lows of |
| not favorable at all for any | lendings. Your number |
|  | is the 6. LEO BORN: Don |
| have had in mind, so | Kirg, boxing and enterain- |
| won't |  |
|  | virgo |
|  | Seppember 21 Curing this July Fourth |
| BORN: Eddie Mur | $\begin{aligned} & \text { ath } \\ & \text { ail } \end{aligned}$ |
| comic gen | ead for you. Sarurday |
| UPUS-April 21 . |  |
|  |  |
| He would not be in your | e to |
| intersts during this | sive birth to new or old |
| liday week to form any | ideas. Seleet the Master |
|  | N. |
|  |  |
| aster. Just let the | 4me, Detroit physician and |
| ber selection |  |
| TAURUS BORN: Basil | Ocrober 20 |
| n, NY Secretar | The early part of tis |
|  | week holds pro |
| Just after the July Fourth |  |
|  | an |
| travel | same time, so |
| Iges for the | add a change. This period |
| However. |  |
| ong cosmic werning | Use the 3. LIERA |
| startiog Sun | Ben |
| Tuesday. Money | sc |
| nts coul |  |
| e the 9. GEMIIN | $t \mathrm{t}$ is |
|  |  |
| champ. | to |
| ANCER-Jure 21 July | weet mi. Whether menu be funance |
| lans and act | menu be rumance |
|  | ters of the hon |
|  |  |
| , | 俍 |
| faet that this | weck's choice SCORPIO |
| ing bil of inc | baseball star. |
|  | sagtitarrus- |
|  |  |

been wating for an yotecep-.
tional cosmic period to
uonal cosmic period to
come your way, his it eet.
tainly your way, mian now to pur
thing tho
thing s.tmo motion around
Sarurday - tien
Saturday-men wath with
firevorke it should be fireworke It should be a
bast! Use the Master blast! Use the Master
Number 22 SP GTTAR.
IUS BOKN: Nipscy Ruceil. famous comic. 22-January 20
This Thursday into FriThis Thursday into Fri-
day could amount to some day could amount to some
mental irritation-if you let oiners get the best of you.
From Saturday and for the next few days, all will seem
on the bright side. 4 is your on the bright side. 4 is your
choice for the week. CAP. choice for the week. CAP.
RICORN PORN: Thomas
Bradley, Mayor. Los Angeles
AQUARIUS-January 21-
Fethuary 19 February 19
Both July 5 th and 9 th of this particular period is in-
disatod as favorable in a minor way, Count your
blessines. It's fuly 7 th going inno the 8 th that is a waming to be careful in all maters.
Use number 8. AQUiviUS Use number 8. AQU, iRIUS
BORN: Erria Kitu, siiger,
dancer, serres, dancer, actress, etc.
PISCES-February 20 March 20

$$
\begin{aligned}
& \text { Although there is nothing } \\
& \text { spectacular for you this }
\end{aligned}
$$

ican home, Black Amer blend the charm of the Old longsr the reop nsifilition of modem wiving the ease oi
ane person. Because of busy We thank the makers of and varied schectules, ussu. Blisquick for these stomachally every member of the warming, mouth-watering jamily at some time or recipes.
anotiter has to propar
 tly. The Kitchen Bear is 2 cups cut-up cooked
designed to meer some needs chicn
of the various cooks in the $11 / 2$ cups frozen peas and modern Black faomily. Hot and hearty dishes like 1/4 cup chopped Grandma served are as mushrooms fupuler today as ever. Ac-
ually, there is a renewed intually, there is a renewed in-
tereat in Amencan cooking The favorite flavors of esticrday are even better to- $1 / 4 / 4$ cups balking $m$ ix day with the modern $1 / 4$ leaspoonn pepper ageless main dish- thas fills you kichen with the aroma of country kitchen is this inchase. Mie plate, $10 \approx 11 / 2$
mpoorble Chicken Po: Phicken, peas Simply mirchich Po: Plie. and carrots, mushrooms carrots, mushrocms and maining in plate. Beat reonioth in a pis plate. Pour on maining ingredients until 15 seconds in a mixcure of baking mix, blender on high speed or 1
milk and eggs. As it hakes, minute with hand beater me pie forms. As it hakncs, minute with hand beater. Pour into plote. Bake until
the It's the modern way to oring knife inserted in center
some good, oit-fashioned
fiavor back to the dinner comes out clean, 30 to 35 table.
And our modern version Minutes. Cool 5 minutes 6 to 8 servings.) for
$\mathrm{N}:$ or

Pizza Turnover
f pizza - Plizza Tumover-
peneration to genaration, is heing mesic: a slame dici, in efflorts to put to use in the Philadelph.
pullic schools.
 mathersias, millsciration ans Grees sid there are many ways to leara, and if students. bagin with somedting they known weli, thy thaze a hettor charsato
lean more. "
 Imeneen Belegate Ifpeet
quspel musicic. Gruens, faid and mployed talos, proveris and tivmen games to slarperen memory and teach language motor skills, fumbers -and counting. Ihis yse of lias a modern curollary in Tarting teaches i.S. social and aulural history and Ato. In ana articte for toe winter $198{ }^{2} 4$ Education foutnal of Cuilitailitial. devoted to etrocation, Green stressel that utivators stoond seek to cuiture in mide to effectisuly The atide deals with siave cominuility folithor as an
sucational wot-a tool Grean
maintains has aphirations 'riay. of toikingtance nandef dowe a form from

## the canvention and dic not vole

Ihe lactsonn deligation fifid cast their vole for lesse hackon giving him 14338 from the 28 Sht Senceial liestirct. A peccuntage which was



 decieving the putlict by acting 2s if he had first hand kowlotge of all that toe pilaceat the conventioir and all it rally anoumbs is is harseg We to not teol that the igusarace of one man will divide the
 150

> Siserely.

Jose Lapen
Jest larison Driegate


## cup chopped green

joy to the dirner table. Sili- ped peprer
ed into pizza-shaped $1 / 4$
wedges, it's a nice way ic $1 / 4$ cup tomped onivn
cole sauce
joy to the dirner table. Sili- peprer ped
ed into pizza-shaped $1 / 4$
wedpes, it's a nice way to copped onivn
is cup tomato sauce

## Attend church!

## Banking

## With Yob in Mind

in the First Federal Spirit! Niki FIRST FEDERAI saving saik

## HELP US SERVE YOU BETTERE! <br> Teil us what you would litce to see in the

 Soutiavest Digent!?
## Enterfohlment YES_NO-Mere Sperts YiCS_NQ

Human Intereat YES _ NO _ Features TES _NO
Comics YEs __NO __ Aatrology YRS ___ NO
Women's News YiS _ NO _ Recepien YES _ NO

## Orher

Let as,know what you want so we can get it te yount!

## SISTER SOPHIA


easpoca dried leaves
weaders belleve that our lenves basil doves gurlic, finely cups baking mix cup hot water cup hot water
oup shredded mozzarella che (about 40 oz .) up erat - Parmesan pkg. ( $31 / 20$ ox.) sliced pepperoni
Vegeable oil

Heat oven to $450^{\circ}$. Mix hase adierisers who support the press of Block
Ameica. Ameica. We are sure,
herefore, that when you herefore, thar when you veek's recipes, you will
want to ter want to use;
\& surrols firen peas
Bisquick bak Bisquick baking mix
Hunt's tomato Kraft mozzarella \& Furmesan cheese McCormick spices \& seasonings



Paula Menefee - Aan Hellery - Shirtey Pratt

## - Hair -

smirtey Prett
Whats the norial rate of hair promiti per moill? vary depending on the hair type and physical row or the indiduar.
How carl stop hair lustigen
Depending on the cause of breakage, most
breakage an be stopped by apolving an cidild reakage an oe stopped by applying an acidifide
condition. Example, Aphegee, by Jhirmack or P. P. T. and Acid Christals by Parker.

$$
\begin{aligned}
& -8 \text { Sin - } \\
& \text { Faula ilifenotoe }
\end{aligned}
$$

What con te dorie about my cily skim?
An ouly skin condition requires close attention. It and once at nighth. This should be done with a strong. thin not harsh product.
-Malls -
 You should soat thim
Wem th can be hroutaht hy non ane whociteremoving berifici is mos to mility ice


[^0]:    Robert (Bobl fanks Jouse Lackata Caerdiuator

